

Tennessee Department of Education

Office of Coordinated School Health

Annual Report

2011-2012 School Year



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Coordinated School Health (CSH) is an evidenced-based model developed by the Centers for Disease Control and Prevention (CDC) designed to promote healthy school environments so children arrive at school ready to learn. In 2006, Tennessee became the **only** state in the nation with a legislative mandate and \$15,000,000 in state funding per year to implement CSH in all school districts. CSH funding provides each school district with a full time Coordinator, an assistant and basic materials and resources necessary to develop policies, partnerships and initiatives designed to advance student health and improve academic outcomes. CSH Coordinators address eight components of school health: health education, physical education/physical activity, health services, mental health/ social services, nutrition services, healthy and safe environment, staff wellness and family/community partnerships.

This report provides information on CSH programmatic outcomes and selected student health indicators data. A short description of each school district's accomplishments is included in the Appendix.

According to the Centers for Disease Control and Prevention, "The academic success of America's youth is strongly linked with their health. Health-related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor school performance.¹ Health-risk behaviors such as early sexual initiation, violence, and physical inactivity are consistently linked to poor grades and test scores and lower educational attainment.²⁻⁴

In turn, academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes.⁵⁻⁷ Leading national education organizations recognize the close relationship between health and education, as well as the need to foster health and well-being within the educational environment for all students.⁸⁻¹¹

Scientific reviews have documented that school health programs can have positive effects on educational outcomes, as well as health-risk behaviors and health outcomes.¹²⁻¹³ Similarly, programs that are primarily designed to improve academic performance are increasingly recognized as important public health interventions.¹⁴⁻¹⁵

Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors. Research also has shown that school health programs can reduce the prevalence of health risk behaviors among young people and have a positive effect on academic performance."

Why Coordinate School Health?

Historically, school health programs and policies in the United States have resulted, in large part, from a wide variety of federal, state and local mandates, regulations, initiatives, and funding streams. Thus prior to Coordinated School Health implemented statewide in Tennessee, many schools had a “patchwork” of policies and programs with differing standards, requirements, and populations to be served. In addition, the professionals who oversaw the different pieces of the patchwork came from multiple disciplines: education, nursing, social work, psychology, nutrition, and school administration, each bringing specialized expertise, training, and approaches.

Coordinating the many parts of school health into a systematic approach can enable schools to

- Eliminate gaps and reduce redundancies across the many initiatives and funding streams
- Build partnerships and teamwork among school health and education professionals in the school
- Build collaboration and enhance communication among public health, school health, and other education and health professionals in the community
- Focus efforts on helping students engage in protective, health-enhancing behaviors and avoid risk behaviors

TENNESSEE CSH HIGHLIGHTS

- ▶ High School graduation and drop-out rates in CSH school district pilot sites have consistently outperformed state averages since 2002.¹⁶
- ▶ Tennessee student BMI rates for overweight and obese are declining. BMI rates declined from **41.2%** in 2007-2008 to **39.5%** in 2008-2009. Tennessee has the **6th** highest childhood obesity rate in the U.S.¹⁷
- ▶ Parent and student partnerships are emphasized in all aspects of CSH. CSH Coordinators have expanded the average number of partners from **21** community partnerships per school district in 2008-2009 to **39** community partners in 2011-2012. CSH statewide partnered with **67,315 students** and **32,362 parents** to address school health priorities during the 2011-2012 school year.¹⁸
- ▶ From 2007-2008 to the 2011-2012 school year, CSH Coordinators secured an **additional \$73** million in health grants and in-kind resources/gifts for Tennessee schools which was used to expand local capacity to address school health priorities.¹⁸
- ▶ According to CDC’s Youth Risk Behavior Surveillance (YRBS) survey for high school students, the percentage of Tennessee students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days **increased** from **33.7%** in 2005 to **47.2%** in 2011.¹⁹

- ▶ The percentage of school nurses (RN and LPN) working in Tennessee schools **increased** by **24%** from 2006-2007 to 2011-2012 school year. The percentage of Tennessee students diagnosed with a chronic illness or disability increased by **76%** between 2004-2005 and 2011-2012.²⁰
- ▶ During the 2011-2012 school year **2,259,306** student visits to school nurses occurred. Of these visits, 80% (**1,805,518** student visits) resulted in a return to the classroom. The student return-to-class rate increased from **61.3%** in 2008-2009 to **80%** during the 2011-2012 school year.²⁰
- ▶ School health policies were strengthened and/or created to promote a healthy school environment in **eighty-two percent** (82%) of all school districts during 2011-2012.¹⁸
- ▶ **Sixty-five percent** (65%) of all school districts reported they incorporated health-related goals into their School Improvement Planning (SIP) and/or their Tennessee Comprehensive System-wide Planning Process (TCSPP) district planning agendas.¹⁸
- ▶ Student school health screenings were standardized for all school districts by the Office of Coordinated School Health in 2007. In 2011-2012 over **1.3 million** student health screenings occurred in Tennessee public schools. Of those screened, **164,571** students were referred to a health care provider for additional medical attention. This represents a **210%** increase over the number of referrals in 2006-2007.¹⁸
- ▶ At the end of the 2011-2012 school year, school districts reported an **84%** compliance rate for schools meeting the 90 minute per week student physical activity law.¹⁸
- ▶ CSH Coordinators have worked with community partners to establish school-based health clinics. The number of schools with school-based clinics increased from **54** in 2008-2009 to **87** in 2011-2012. This represents a **61%** increase over a four year period. The number of students served in school clinics increased by **77%** between 2008-2009 and 2011-2012 (**69,305** students compared to **122,337** students).¹⁸
- ▶ As a result of a CSH infrastructure present in all school districts, more than **half** of all school districts have established a Food Back Pack program for students so they have food to eat on the weekends. As of February 2011, **412** schools provide Food Back Pack programs.²¹
- ▶ During 2011-2012, **1,110** schools (**69%** of all schools) provided bullying prevention training for staff and **744** schools (**46%** of all schools) provided bullying prevention training for students.¹⁸
- ▶ CSH Coordinators monitor types of food and drinks sold in vending machines and a la carte items to ensure compliance with state school nutrition laws. The percent of Tennessee schools that did not sell soda or fruit juice that was not 100% juice increased from **26.7%** in 2006 to **78%** in 2010. Also, the percentage of schools in which students could purchase snack foods or beverages from one or more school vending machines or at the school store, canteen or snack bar decreased from **91** percent in 2002 to **57** percent in 2010.²²

- Since the inception of Coordinated School Health, **289** schools now have walking tracks/trails, **318** schools have salad bars, **597** schools have removed fryers from the cafeteria and **352** schools have new or updated playgrounds.¹⁸

CSH INFRASTRUCTURE

According to Tennessee State Board of Education Standards and Guidelines for Tennessee's Coordinated School Health initiative the following infrastructure elements must be in place in every school district in order to implement CDC's evidence-based CSH model with fidelity:

Each district will establish a full-time position for coordinator/supervisor of school health programs at the system level for school systems with 3,000 or more students. School systems with fewer than 3,000 students will establish a position for coordinator/supervisor of school health programs at 50% time or more are encouraged to enter into a consortium with other school systems to apply for funding. The coordinator/supervisor position in both cases will be in addition to other school health component staff and school system coordinator/supervisor positions.

The district will establish:

A School Health Advisory Council (SHAC) that includes representative of the school system(s), staff, students, parents, civic organizations, community agencies, the faith community, minority groups and others concerned with the health and wellness of students with at least two-thirds of the members being non-school personnel. The Advisory Council will recommend policies and programs to the school system and also develop and maintain an active working relationship with the county health council.

A Staff Coordinating Council on School Health for the school system that is representative of all eight components of the coordinated school health program. The Staff Coordinating Council will seek to maximize coordination, resources, services and funding for all school health components.

A Healthy School Team at each school in the system that is representative of all eight components of the coordinated school health program. The team will include the principal, teachers, staff, students, parents and community members with at least one-half of the team members being non-school personnel. The Healthy School Team will assess needs and oversee planning and implementation of school health efforts at the school site.

Develop and maintain local school system policies that address and support a coordinated school health program and each of the integrated components.

Develop and maintain a staff development system for orienting and training administrators, principals, and other school leadership team members that allows for informed decision making in adopting and implementing the coordinated school health program model at the school system and school level.

Develop and maintain a system of assessing and identifying the health and wellness needs of students, families and staff that will be used in developing system policies and strategic plans; school health programs, curriculum and initiatives; and school improvement plans.

Incorporate into all school improvement plans easy-to-implement and appropriate assessments and surveys, improvement strategies and services, and integrated learning activities that address the health and wellness needs of students and staff.

Identify and obtain additional financial support and program collaboration with community agencies/organizations along with other external financial support to supplement the Basic Education Program (BEP) funding formula and the additional CSHP funding provided for the school health program.

Develop and maintain a system and process for annual evaluation of progress and outcomes for the coordinated school health program effort, including the impact on the student performance indicators required by the State Board of Education in TCA 49-1 211(a) (3) and any state designated health outcomes for students and staff.

Highlights:



School health goals have been incorporated into First To The Top (FTTT) district plans in **36%** of all Tennessee school districts. Another **35%** of districts report they are making progress towards this goal.¹⁸



School health goals have been incorporated into the School Improvement Plan (SIP) and Tennessee Comprehensive System-wide Planning Process (TCSPP) plan in **65%** of all school districts. Another **27%** of districts report they are making progress towards this goal.¹⁸



From 2007-2008 to the 2011-2012 school year, CSH Coordinators secured an **additional \$73 million** in health grants and in-kind resources/gifts for Tennessee schools which was used to expand local capacity to address school health priorities.¹⁸



CDC's school building level health assessment tool, the School Health Index, was either completed and or updated by **83%** of all school districts during the 2011-2012 school year. Another **14%** of school districts reported they are making progress towards this goal.¹⁸



The School Health Advisory Committee is active and met a minimum of once per quarter in **87%** of all school districts during the 2011-2012 school year. Another **8%** of school districts reported they are making progress towards this goal.¹⁸



The School District Staff Coordinating Council is active and met a minimum of once per semester in **90%** of all school districts during the 2011-2012 school year. An additional **6%** of school districts reported they were making progress towards this goal.¹⁸



All schools have active Healthy School Teams that met a minimum of once per semester in **77%** of all school districts. Another **15%** of all school districts reported they are making progress towards this goal.¹⁸



During the 2011-2012 school year **82%** of all school districts reported they have either strengthened or developed new school health district policies/procedures. Another **12%** indicated they were making progress towards this goal.¹⁸

HEALTH SERVICES

Health services are provided and/or supervised by school health nurses to appraise, protect, and promote the health of students. These services include assessment, planning, coordination of services

and direct care for all children, including those with special health care needs. Health services are designed and coordinated with community health care professionals to ensure early intervention, access and referral to primary health care services; foster appropriate use of primary health care services; prevent and control communicable disease and other health problems; provide emergency care for student and staff illness or injury; provide daily and continuous services for children with special health care needs; promote and provide optimum sanitary conditions for a safe school facility and school environment; and provide educational and counseling opportunities for promoting and maintaining individual, family and community health.

Highlights:



During the 2011-2012 school year, **188,975** students in Tennessee public schools had a chronic illness or disability diagnosis. This represents **19%** of all Tennessee public school students statewide. Of those students with a diagnosis, the most common diagnoses were asthma (**33%**), ADHD/ADD (**21%**), other (cerebral palsy, sickle cell, cystic fibrosis) (**14%**) and severe allergy (**9%**).²⁰



The total number of Tennessee students with chronic illnesses or disability diagnoses increased by **76%** between 2004-2005 and 2011-2012. The number of ADHD/ADD diagnoses increased by **100%** in eight years. The number of students diagnosed with asthma increased by **64%** and the number of students diagnosed with diabetes increased by **55%** during the same time period.²⁰



During the 2011-2012 school year, **1,316,649** student health screenings occurred in Tennessee schools. The most common type of screenings was vision (**27%**), hearing (**23%**) and body mass index (BMI) (**22%**). Also, **164,571** student referrals were made to a health care provider as a result of a school health screening. Most referrals were associated with BMI screenings (**49%**), vision screenings (**27%**) and dental screenings (**9%**).²⁰



The total number of students referred to health care providers increased **210%** between 2006-2007 and 2011-2012. The most significant increase in referrals from 2006-2007 to 2011-2012 were for BMI (**1,005%**), blood pressure (**590%**) and vision (**127%**). Referrals decreased for scoliosis (**-39%**) and dental (**-8%**).²⁰



School systems hire nurses to serve the general and special education student school populations. During the 2011-2012 school year, **1,345** school nurses worked in Tennessee schools. This represents a **24%** increase from the 2006-2007 school year. School systems reported **15%** of all school nurses served special education students and **85%** served the general school population.²⁰



There were **2,259,306** student visits to school nurses during the 2011-2012 school year in Tennessee. During these visits **80%** or **1,805,518** school visits resulted in the school nurse attending to student's needs and then sending students back to class for the day. The student return-to-class rate increased from **61.3%** in 2008-2009 to **80%** during the 2011-2012 school year.²⁰



During the 2011-2012 school year **4,128** 911 emergency calls were made in Tennessee public schools. Of these calls, **1,594 (39%)** were made when a nurse was in the school building and **2,534 (61%)** were made when a nurse was not in the school building.²⁰



During the 2011-2012 school year, **14,985** students received an emergency procedure in Tennessee schools. Almost all of the emergency procedures were provided to students with asthma (**94%**). The total number of students receiving an emergency procedure increased by **98%** from 2008-2009 to 2011-2012.²⁰



The number of emergency procedures performed by licensed health care providers in schools increased **58%** from 2008-2009 to 2011-2012. The only type of procedure that increased during this two year period was asthma (**119%**).²⁰



The number of students served in school clinics increased from **69,305** in 2008-2009 to **122,337** in 2011-2012. This represents a **77%** increase over a three-year period. Also, in 2011-2012,

40,586 student referrals were made to other health care providers (optometrist, audiologist, pediatrician, etc.) compared to **17,020** referrals in 2010-2011 school year (an increase of **138%**)²⁰.



The number of school systems/special schools with school-based clinics increased from **12** in 2008-2009 to **21** in 2011-2012 (**75%** increase). The number of schools with school-based clinics increased from **54** in 2008-2009 to **87** in 2011-2012 (**61%** increase). Of the **87** schools that provided clinic services in 2011-2012, **54%** used tele-medicine, **62%** provided services to staff as well as students, **51%** provided immunizations and **13%** provided dental services in the clinics.²⁰

PHYSICAL ACTIVITY/PHYSICAL EDUCATION

Physical education is a planned, sequential pre-k -12 curriculum program that follows national standards in providing developmentally appropriate, cognitive content and learning experiences in a variety of physical activity areas such as basic movement skills; physical fitness; rhythm and dance; cooperative games; team, dual, and individual sports; tumbling and gymnastics; and aquatics. Quality physical education promotes, through a variety of planned individual and cooperative physical activities and fitness assessments, each student's optimum physical, mental, emotional and social development; and provides fitness activities and sports that all students, including students with special needs, can enjoy and pursue throughout their lives.

Highlights:



During the 2011-2012 school year, **84%** of all Tennessee school systems reported they were in compliance with the 90 minute physical activity law for all students. The compliance rate has decreased from **89%** in 2008-2009 to **84%** in 2011-2012. Elementary schools reported the most compliance (**96%** of all Tennessee school systems) followed by middle schools (**88%**) and high schools (**75%**).²⁰



Between 2005 and 2011 the percentage of Tennessee students who reported being physically active for a total of at least 60 minutes per day on five or more of the past seven days increased from **34 percent** to **47 percent**. Males reported a significantly higher rate of physical activity at **60 percent** compare to **34 percent** for females. All races reported increased physical activity levels. Tennessee is close to the national average in this category.¹⁹



Types of activities used most often to meet the physical activity requirement in Tennessee schools was recess (**80%**), walking either indoors or outdoors (**74%**), activities using balls - kickball, basketball, etc. (**63%**), teacher directed physical activity (**55%**) and exercises (**55%**). Additional types of activities used most often include marching band (**41%**), running/jogging (**21%**), strength training (**20%**) and intramurals (**13%**).²³



In Tennessee high schools, walking between classes is used much more frequently than in elementary and middle schools to meet the physical activity requirements. **Nineteen percent (19%)** of all school districts report using walking between classes as the only method to meet the physical activity law.²³



The types of barriers that limited full compliance with the Physical Activity law include **59%** report teachers/principals are concerned about decreased academic time, **46%** report lack of time available for implementation, **41%** report lack of consequences for non-compliance to the law and **26%** report difficulty in monitoring compliance with the law.²³



Since the implementation of Coordinated School Health in all Tennessee school districts, **289** schools now have walking tracks/trails, **207** schools have developed in-school fitness rooms for students, **352** schools have new or updated playgrounds and **93** schools created 93 Safe Routes to School partnerships.¹⁸



During the 2011-2012 school year elementary schools provided the most daily physical education (**40%**) of all Tennessee school systems/special schools followed by middle schools (**33%**) and high schools (**24%**).²⁰



The rate in which Tennessee students reported they attended daily physical education classes in an average week declined from **30 percent** in 2005 to **23 percent** in 2011. More males

reported attending daily physical education classes than females however males experienced a sharper decline in participation from 2005 to 2011. The most significant decrease was reported by black students whose participation rate declined from **31 percent** in 2005 to **18 percent** in 2011. In 2011 Tennessee (**23 percent**) was significantly behind the national average (**52 percent**) for percentage of students reporting they attended daily physical education classes.¹⁹

NUTRITION SERVICES

Nutrition services assure access to a variety of nutritious, affordable and appealing meals in school that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to meet the complete nutrition needs of students. Each school's nutrition program also offers a learning laboratory for classroom nutrition and health education that helps students develop skills and habits in selecting nutritionally appropriate foods, and serves as a resource and link with nutrition-related community services and educational programs.

Highlights:



Since the inception of Coordinated School Health in Tennessee, **318** schools are now providing salad bars during lunch, **597** schools have removed fryers from their cafeterias and 99 high schools have voluntarily complied with Tennessee's school vending/a la cart law.¹⁸



CSH Coordinators monitor types of food and drinks sold in vending machines and a la carte items to ensure compliance with state school nutrition laws. The percent of Tennessee schools that did not sell soda or fruit juice that was not 100% juice increased from **26.7%** in 2006 to **78%** in 2010. Also, the percentage of schools in which students could purchase snack foods or beverages from one or more school vending machines or at the school store, canteen or snack bar decreased from **91** percent in 2002 to **57** percent in 2010.²²

SCHOOL COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICES

Counseling, mental health, and social services are provided to assess and improve the mental, emotional, and social health of every student. All students receive these services, including developmental classroom guidance activities and preventative educational programs, in an effort to enhance and promote academic, personal, and social growth. Students who may have special needs are served through the administration and interpretation of psychometric and psycho-educational tests, observational assessments, individual and group counseling sessions, crisis intervention for emergency mental health needs, family/home consultation, and/or referrals to outside community-based agencies when appropriate. The professional skills of counselors, psychologists, and social workers, along with school health nurses, are utilized to provide coordinated "wrap around" services that contribute to the mental, emotional, and social health of students, their families and the school environment.

Highlights:



District mental health guidelines based on Tennessee State Board of Education Mental Health guidelines have been developed and approved in **72%** of all school districts. An additional **17%** of all school districts reported they are making progress towards this goal.¹⁸



Memorandums of Understanding have been signed with community-based mental health organizations or other child serving agencies to address mental health needs of students in **76%** of all school districts. Another **11%** of school districts report they are making progress towards this goal.¹⁸



A majority of school districts (**79%**) have established a district mental health team to address on-going mental health issues. Another **11%** report they are making progress towards this goal.¹⁸



A significant percentage of school districts (**68%**) have provided mental health awareness training to all school staff while another **11%** report they are making progress towards this goal.¹⁸

HEALTHY SCHOOL ENVIRONMENT

Healthy school environment concerns the quality of the physical and aesthetic surroundings; the psychosocial climate, safety, and culture of the school; the school safety and emergency plans; and the periodic review and testing of the factors and conditions that influence the environment. Factors and conditions that influence the quality of the physical environment include the school building and the area surrounding it; transportation services; any biological or chemical agents inside and outside the school facilities that are detrimental to health; and physical conditions such as temperature, noise, lighting, air quality and potential health and safety hazards. The quality of the psychological environment includes the physical, emotional and social conditions that affect the safety and well being of students and staff.

Highlights:



During the 2011-2012 school year **744** schools provided a bullying prevention program to students and **1,110** schools provided bullying prevention professional development for teachers/staff.¹⁸



A vast majority of school districts (**89%**) reported they implemented new strategies to improve school climate this school year and an additional 9% of school districts reported they are making progress towards this goal.¹⁸



Since the inception of CSH statewide in Tennessee school districts, **649** schools have conducted the Environmental Protection Agency's "Tools for Schools" environmental assessment program.¹⁸

HEALTH EDUCATION

Health education is a planned, sequential, pre K-12 curriculum and program that addresses the physical, mental and emotional, and social dimensions of health. The activities of the curriculum and program are integrated into the daily life of the students and designed to motivate and assist students to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and

practices. The curriculum and program include a variety of topics such as personal health, family health, community health, consumer health, environmental health, family living, mental and emotional health, injury prevention and safety, CPR, nutrition, prevention and control of disease and substance use and abuse.

Highlights:



During the 2011-2012 school year **76%** of all districts provided Michigan Model comprehensive health education training and materials to teachers and staff and another **15%** of school districts reported they were making progress towards this goal. Also, **2,232** teachers are currently using this curriculum in TN schools.¹⁸



More than a third of all school districts (**40%**) are now providing comprehensive health education for all students and an additional **42%** of school districts reported they are making progress towards this goal.¹⁸

SCHOOL-SITE HEALTH PROMOTION FOR STAFF

Wellness opportunities such as health assessments, health education and physical fitness activities are provided to all school staff, including the administrators, teachers and support personnel, to improve their health status. These opportunities encourage staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and greater personal commitment to the overall coordinated school health program. This personal commitment often transfers into greater commitment to the health of students and serving as positive role models. Health promotion activities conducted on-site improve productivity, decrease absenteeism, and reduce health insurance costs.

Highlights:



Currently, **1,517** schools provide some type of health screenings for their staff.¹⁸



Also, since the implementation of CSH statewide, **352** schools have developed in-school fitness rooms for staff.¹⁸

STUDENTS/PARENTS/COMMUNITY PARTNERS

Involvement of parents, community representatives, health specialists, and volunteers in schools provides an integrated approach for enhancing the health and well being of students both at school and in the community. School health advisory councils, coalitions, and broadly-based constituencies for school health can build support for school health programs. School administrators, teachers, and school health staff in all components actively solicit family involvement and engage community resources, expertise, and services to respond effectively to the health-related needs of students and families.

Highlights:



CSH Coordinators have expanded the average number of partners from **21** community partnerships per school district in 2008-2009 to **39** community partners in 2011-2012.¹⁸



From 2007-2008 to the 2011-2012 school year, CSH Coordinators secured an **additional \$73** million in health grants and in-kind resources/gifts for Tennessee schools which was used to expand local capacity to address school health priorities.¹⁸



During the 2011-2012 almost all school districts (**96%**) partnered with County Health Council.¹⁸



All school districts (**100%**) partnered with their County Health Department during the 2011-2012 school year.¹⁸



CSH statewide partnered with **67,315 students** to address school health priorities during the 2011-2012 school year.¹⁸



During the 2011-2012 school year **69%** of all school districts reported they have developed a student health advisory committee.¹⁸



CSH statewide partnered with **32,362 parents** to address school health priorities during the 2011-2012 school year.¹⁸












Almost all school districts (**99%**) shared TENNderCare and Cover Kids information with parents during the 2011-2012 school year.¹⁸



During the 2011-2012 school year **95%** of all school districts provided diabetes prevention information to parents.¹⁸

Questions regarding this report may be directed to Sara Smith, Office of Coordinated School Health, Tennessee Department of Education at Sara.Smith@tn.gov.

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Appendix

School District Coordinated School Health Overviews



Alamo City School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of Coordinated School Health (CSH) activities and accomplishments since the formation of CSH in the Alamo City School System until the end of the 2010-2011 school year.

An infrastructure for CSH has been developed for Alamo City School that includes:

- A School Health Advisory Committee
- One Healthy School Team for Alamo Elementary School
- School Health Policies strengthened or approved include mental health guidelines and local wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$30,000.

Community partnerships have been formed to address school health issues. Current partners include:

UT Extension	TN Nutrition and Consumer Ed Program	Crockett County Resource Center
LeBonheur Community Outreach	New Pathways – Mental Health Counseling	Alliance for a Healthier Generation
Department of Health	Youth Villages - Mental Health Counseling	Cover Kids
West TN Healthcare	Crockett Children's Services	TENNder Care
Premier Dental	Crockett County Health Department	TN Lives Count
American Lung Association	Blue Cross Blue Shield of TN	
Lambuth Linx – Positive Behavior Support	Hannah's Hope	Save the Children
Bancorp South	Chamber of Commerce	TN Technology Center
Northwest TN Head Start		

Parent and Student Involvement

Parents are involved in numerous CSH activities including the Parent Teacher Organization, Healthy School Team, and the School Health Advisory Committee. Currently, 10 parents are collaborating with CSH. Students have been engaged in CSH activities that include Student Awareness Community Klub (SACK) and Healthy School Team. Approximately 8 students out 600 PreK -6th grade are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Alamo City School the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 263 screened and 76 referred;

424 Students have been seen by a school nurse and 272 returned to class;

Body Mass Index data has been collected that shows the severity of the childhood obesity epidemic in our LEA with 46% of our children overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking track installation, Comprehensive Health Education curriculum, Wiis for the classroom, hydraulic circuit fitness equipment, ipods for the classrooms;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: mental health 101 training, suicide prevention training, CSH 101 training, Fit for the Future state training, and CSH professional development conferences;

School faculty and staff have received support for their own well-being through free health screenings each year, fitness classes offered on-site, a circuit fitness gym on-site, walking programs, and health education;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – comprehensive health education (Michigan Model curriculum) in every classroom;
- Physical Education/Physical Activity Interventions – Take 10! curriculum in every classroom, Ipods in the classroom, increased physical education classes, recess staff;
- Nutrition Interventions – salad bar offered every day, 100% whole grain/whole wheat products, removal of 2% milk; and
- Mental Health/Behavioral Health Interventions – on-site social worker, training for staff and parents, on-site counseling services.

CSH in the Alamo City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Ashley Haworth, at hawortha@alamoschool.org.



Alcoa City School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in Alcoa City Schools until the end of the 2010-2011 school year.

An infrastructure for CSH has been developed for Alcoa City Schools that includes:

- A School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$419,258.35

Community partnerships have been formed to address school health issues. Current partners include:

Alcoa City Schools' (ACS)	Alcoa City Family Resource	Allergy, Asthma, and Sinus
Healthier Alcoa Schools'	Center	Center
Nutrition Committee		
	Alcoa City Fire Department	American Heart Association
ACS' Healthy School Teams		
	Alcoa City Police Department	American Red Cross
ACS' Safety Committee		
	Alcoa City Schools Education	Big Brothers and Big Sisters
ACS' School Coordinating	Foundation	Program
Council		
	Alcoa City Schools' (ACS)	Blount County 9-1-1 Dispatch
Ad Council	Cafeteria Committee	
	Alcoa, Inc.	

Blount County Community Health Initiative—Blount County’s Health Council	Marathon	Maryville College
Blount County Health Department	CoverKids	Maryville, Alcoa, Blount County Parks and Rec
Blount County Health Initiative Subcommittee: Mental Health Awareness and Suicide Prevention Alliance—Health Initiative Subcommittee	East Tennessee Quality Alliance	Mental Health Association of East TN
Blount County Health Initiative Subcommittee: Substance Abuse Prevention Team—Health Initiative Subcommittee	East TN Medical Group	Mountain Challenge
Blount County Health Initiative Subcommittee: Teen Pregnancy Prevention Team—Health Initiative Subcommittee	East TN Regional Health Department	National Fitness Center
Blount County Health Blount Benefits	East TN Worksite Wellness Roundtable	Olympia Fitness Club
Blount County Schools	East TN Worksite Wellness Roundtable—regional wellness committee	Regions Bank
Blount Memorial Hospital—Business Health	Elizabeth Strawbridge, RD, LDN-dietitian	SafeKids of the Greater Knox Area
Blount Memorial Hospital—CONCERN	Family Resource Centers: Blount and Maryville	Salon Azzure
Blount Memorial Hospital—Foundation and Community Outreach	Food City	Second Harvest Food Bank
Blount Memorial Wellness Center	Haven House	Socle Medical Spa
Blount Today	Knoxville Academy of Medicine	Subway Restaurants
Chick-fil-A	Knoxville Area Coalition on Childhood Obesity	Suntrust Bank
Children’s Hospital—SafeKids	Knoxville Metropolitan Drug Commission	TennderCare
Cornerstone of Recovery	Knoxville Track Club	Texas Roadhouse
Covenant Health Knoxville	Kroger Company	The Daily Times
	Ladies Total Fitness	TN National Guard Counterdrug Division
	Let’s Talk 101— Family Life Curriculum	TNCEP Coalition Committee
	Lifeline Counseling	UT Culinary Institute
	Lion’s Club	UT Extension/TNCEP Coalition
	Mane Support Counseling	UT Nutrition Department
	Maryville City Schools—CSH	Volunteer State Health Plan
		Wal-mart
		Weight Watchers

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including planning, organizing, and participating in the annual *Springbrook Sprint*, School Health Advisory Council, health screenings, Walk-a-thons, field day, and Ag Day festivities. Currently, 233 parents are collaborating with CSH.

Students have been engaged in CSH activities that include school-wide health campaigns, serving on Healthy School Teams, representing the high school on our Blount County's Health Initiative Substance Abuse Prevention subcommittee, prom and graduation campaign, and recycling. Approximately, 373 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Alcoa City Schools the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – total 743;

Students that have been seen by a school nurse and returned to class – total 2,100;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Dance, Dance revolution, a climbing wall, updated physical activity equipment, health-related curricula for classrooms, and health education DVD series;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: suicide prevention education, cyber-bullying education, nutrition/wellness educational materials. In addition, staff has attended annual TAHPERD conferences, grief and trauma counseling, as well as other counseling-focused seminars and trainings;

School faculty and staff have received support for their own well-being through our community-incentivized staff wellness program entitled, *Move it Lose it Get Healthy!*, break-room healthy snacks (fresh fruits, vegetables, and water), on-site monthly messages, a monthly staff newsletter featuring health tips, recipes, and a community calendar with local and regional physical activities for our staff and/or their families.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model in grades 7-9; a health education DVD library for teachers to use during class; various community speakers on mental health issues such as depression and “cutting”, family life issues, nutrition education, substance

abuse education, water safety, fire safety, bullying and character education, recycling, dental hygiene, sun safety, and domestic violence;

- Physical Education/Physical Activity Interventions – Take 10! Curriculum for elementary grades;
- Nutrition Interventions – TNCEP; *Go, Slow, Whoa!* programming; contracting a registered dietitian, Michigan Model in grades 7-9;
- Mental Health/Behavioral Health Interventions – Michigan Model comprehensive health education in grades 7-9, various community speakers on depression and “cutting”, bullying addressed through each school counselor, and a community resource directory provided to school counselors and principals.

CSH in Alcoa City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Kelly Gallamore at 865-984-0531 x 410.



Anderson County School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Anderson County School System until the end of the 2010-2011 school year.

An infrastructure for CSH has been developed for the Anderson County School System that includes:

- A School Health Advisory Committee
- Fourteen Healthy School Teams
- School Health Policies strengthened or approved include health service policy and medication policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$296,518.08

Community partnerships have been formed to address school health issues. Current partners

Include:

Allies for Substance Abuse Prevention (ASAP) of
Anderson County

Safe Kids Coalition

Anderson County Health Department

TNCEP and the University of Tennessee
Extension

United Health Care

Anderson County Juvenile Court

Anderson County Sheriff's Department

Roane State College of Nursing

Our Daily Bread of Tennessee, Inc

Clinton City CSH

Oak Ridge CSH

Governor's Highway Safety Office

Tennessee Secondary School Athletic
Association

Clinton Physical Therapy

Clinch Valley Children's Center

Choice Resource Center

Food City

Tennessee State Parks

Parent and Student Involvement Developed

Parents (85) are involved in numerous CSH activities such as School Health Fairs, Coming Together for Young Children Event, School Health Screenings, and Flu shot Clinics. Currently, 33 of those 85 parents are collaborating with CSH on the Family and Community Advisory Council and the School Health Advisory Council.

Students have been engaged in CSH activities such as producing and directing Public Service Announcements to denounce risky behaviors. Students have also volunteered during Health Fairs and the Coming Together for Young Children Event. The elementary school students have participated in school walks to not only raise money for their schools but also to show others that physical activity is important to their developing minds. Approximately 154 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Anderson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – In 2010-2011 there were 2,837 students who were screened in Anderson County Schools. Of those screened 1,158 students required BMI referrals, 801 vision referrals, 98 hearing referrals and 51 blood pressure referrals to physicians or health care providers;

In 2010-2011, 12,369 students were seen by a school nurse and 8,625 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The most recent local data shows that currently 40.20% of Anderson County students screened are overweight or obese. However, the BMI percentage in 2007 was 42.51%. Since 2007 Anderson County Schools has continued to see a reduction of childhood obesity and overweight numbers by 2.31%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls (4), and walking tracks (2);

Professional development has been provided to counselors, nurses, physical education teachers and school resource officers (SROs). Professional development included training on the Michigan Model health education curriculum. Staff at Briceville, Norris and Lake City Elementary School has received training on the Take 10! physical activity program. Nurses were provided with funding to participate in the State School Nursing Conference;

School faculty and staff have received support for their own well-being through wellness newsletters, staff health fairs, and complimentary tickets to area fitness expos;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

Health Education Interventions –Michigan Model health curriculum placed in K-12;

Physical Education/Physical Activity Interventions – Take 10! curriculum implemented; National Archery in the Schools Program implemented in all Anderson County middle schools;

Nutrition Interventions – Go Slow Whoa Program initiated and Tasty Tuesdays implemented;

Mental Health/Behavioral Health Interventions – Community Resource Directory created; MOU with Ridgeview Psychiatric Hospital;

Other accomplishments include a School Nurse Manual which details school health policy, procedures, and protocols.

CSH in the Anderson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Kim Guinn, at 865-463-2800 x2855.



Athens City School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of Coordinated School Health (CSH) activities and accomplishments since the formation of CSH in the Athens City School System until the end of the 2010-2011 school year.

An infrastructure for CSH has been developed for the Athens City School System that includes:

- School Health Advisory Committee
- Healthy School Teams at each site.
- School Health Policies strengthened
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$48,000.

Community partnerships have been formed to address school health issues. Current partners include:

McMinn County Health Council
McMinn Living Well
Athens City Family Engagement
Advisory Board
Athens Regional Medical Center
The Surgery Center of Athens
Athens Parks and Recreation
Mayfield Dairy
Johnson Controls
National Football League –
“Punt, Pass, Kick”
UT Extension Agency
Tennessee Wesleyan College
Newspapers in Education
Initiative – Jones Media
Corporation
Blue Cross/Blue Shield “Walking
Works for Schools”
Southeast Bank
Elk’s Lodge of Athens
Athens YMCA
Athens Federal Bank
MADCAT (McMinn Anti-Drug
Coalition Aiding Teens)

American Heart Association
Woods Memorial Hospital
Advent Home
Hope Center
TNCEP
CoverKids
Athens City Government
Good Faith Clinic
GetFit TN
Athens Area Chamber of
Commerce
Athens Jr. High School PTO
North City PTO
Ingleside PTO
City Park PTO
Westside PTO
Four Star Academy PTO
Hiwassee Mental Health
Athens Lion’s Club
Athens Kiwanis Club
Athens Optimist Club
Rural Health Association
Department of Human Services
Jones Media Corporation

Good Will Industries
Caris Hospice
McMinn Emergency
Management
TENnderCare
Coordinated Charities of Athens
Edward D. Jones Company
McMinn County Juvenile
Services
TN School Health Coalition
Valley Farmers CO-OP
Americhoice

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health advisory committees, walk-a-thons, Wellness Days at intermediate schools, health advisory System-wide board, parent education nights such as TCAP Fiesta Night, Multi-Cultural Night for Athens, Healthy Holiday Cooking, Healthy Summer Grilling Night, AJHS “Iron Horse 5K”, and various Field Days at each site. Currently, 200+ parents are assisting with CSH.

Students have been engaged in CSH activities listed above as well. We also added a student representative to the Health Advisory Board for the system. We will be adding a student-led committee at the middle school next year. Approximately 250 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active, the following health interventions have taken place:

A total of 4,788 students received school health screenings and 752 were referred to health care providers;

Students that have been seen by a school nurse totaled 4,020 and students returned to class totaled 3240 students;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Our current BMI data shows a 1% decrease in obesity levels for those students surveyed in 2009. 1% was underweight, 57% had normal BMIs, and 42% were obese/overweight. Of those 42%, 22% were obese. By sex, boys in the overweight category were 42%, whereas girls were 42%. In the obese category, boys were at 23%, compared to girls at 20%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Bike helmets; Stationary Cyclor equipment; Overdrive Playground equipment; Fruits and veggies for Hawaiian RIF; healthy snacks for TCAP and for special ed classes; Wiis and Wii games for before/after school; new media sources related to health, wellness, nutrition, physical activity, and physical education; materials for guidance counselors; door prizes for parent seminars; materials for NC nutrition classes; dance and movement materials for kindergarten and 1st graders; golf tees, balls, bags, and needed equipment; media supplies to update collections at each school site; elliptical trainer (gift) to AJHS weight room; nutritious foods for events at school sites; books and dvds to update Comprehensive Health materials; personal trainer for staff exercise class at AJHS after school hours; Teen Food and Fitness newsletter sent to AJHS homes; Nutrition Nuggets newsletter sent to all elementary homes; sponsorship of NIE insert Nutrition Adventures Makes News; sponsorship of Iron Horse 5K Run at AJHS; playground mulch at all elementary sites; supplies for guidance counselors

including units of study, books, dvds, etc. walking trail begun at North City – to be completed this summer.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include monthly meetings for guidance counselors, TAHPERD convention for all physical education teachers, mental health training for guidance counselors, and southeastern district meetings throughout the year.

School faculty and staff have received support for their own well-being through after school exercise class taught by certified personal trainer, walk for a day in May with drawings for door prizes and sharing of specific materials for classroom teachers.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum trainings and Healthy School Index Guidelines;
- Physical Education/Physical Activity Interventions – Take 10! trainings, mini-grants for all physical education programs from CSH, walking trail and playground equipment for North City School, playground equipment for Ingleside School, playground equipment for City Park Elementary + walking trail expense, playground equipment for Westside School and sponsorships for Iron Horse 5K and Turkey Trot 5K;
- Nutrition Interventions include My Pyramid trainings, and mini-grants for classroom teachers;
- Mental Health/Behavioral Health Interventions include checklist for guidance referrals to teachers and communication with local mental health providers.

In addition, the Coordinated School Health director writes a weekly column in the local newspaper, the *Daily Post-Athenian* concentrating on each school's activities and pertinent health issues related to children and family health.

CSH in the Athens City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Linda McGill, at 423-745-2863 x122.



Bedford County School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bedford County School System until the end of the 2010-2011 school year.

An infrastructure for CSH has been developed for the Bedford County School System that includes:

- School Health Advisory Committee
- Thirteen Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$800,000

Community partnerships have been formed to address school health issues. Current partners include:

Parks and Recreation

Department of Child Services

Health Council

law enforcement

Heritage Hospital

Crisis Center

Department of Health

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as volunteers for data collections, monitoring and participating in exercise programs, being the mascot, and one doing some clerical work for CSH.

Students have been engaged in CSH activities such as Zumba, fitness centers, health education (Take 10 and Michigan Model). Approximately 15 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Bedford County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 123 referrals this year;

Students have been seen by a school nurse and returned to class – 801 this year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Bedford began with 65% of students in the overweight/obese category. That has dropped slightly to 63%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include setting up fitness centers at each high school and continuing on now with middle schools, Take 10 and training for every elementary school and teacher, and Michigan Model in schools (every physical education teacher trained), Geomotion mats, Dance, Dance Revolution, and/or Wii's in our gyms and available to classroom teachers. GPS units have been purchased;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Coordinated School Health, mental health resources training, Take 10!, Michigan Model, and technology and health;

School faculty and staff have received support for their own well-being through fitness centers in many schools and available fitness centers to all, Weight Watchers have been provided to some schools, health fairs at some, and Zumba classes to all.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10!, Michigan Model, and DVD's of health and fitness issues;
- Physical Education/Physical Activity Interventions – Zumba classes, GPS units, and fitness centers;
- Nutrition Interventions – fresh fruits and vegetables;
- Mental Health/Behavioral Health Interventions – resources training and meetings as to alternatives and memorandums of understanding (MOU's).

CSH in the Bedford County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sara Crabtree, at 931-607-9672.



Bells City School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bells City School System in 2007-2008 thru the 2010-2011 school year.

An infrastructure for CSH has been developed for the Bells City School System that includes:

- School Health Advisory Committee
- One Healthy School Team
- School Nutrition Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$13,747.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ PTO | ➤ The Crockett Times Newspaper |
| ➤ Tennessee School Health Coalition | ➤ TNCEP Coalition Bells City School Pre-k Advisory Council |
| ➤ Future Business Leaders of America | ➤ Tennessee Public Health Association |
| ➤ Crockett County University of Tennessee Alumni Chapter | ➤ Carl Perkins Center for Child Abuse (Alamo Office) |
| ➤ Crockett County Chamber of Commerce | ➤ TN Department of Health |
| ➤ Crockett County Health Department | ➤ The Jason Foundation (Suicide Prevention Training) |
| ➤ Crockett County UT Extension Office | ➤ Le Bonheur Community Outreach Mobile Health Truck |
| ➤ Crockett County 4-H | ➤ Crockett County Community Advisory Board |
| ➤ Tennessee Technology Center at Ripley (Alamo Nursing and Business Students) | ➤ Bells City Fire Department |
| ➤ Crockett County Health Council | ➤ Crockett County Family Resource Center |
| ➤ The Crockett Rocket Newspaper | ➤ Pathways Behavioral Health Services |
| | ➤ Dept. of Children's Services |
| | ➤ Dyersburg Pediatric Dentistry, Dr. Chuck Hughes. |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Fall Festival, PTO meetings, and School Health Screenings. Currently, 175 parents are collaborating with CSH. Students have been engaged in CSH activities such as community cleanup projects and student health council.

Approximately 13 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bells City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – students screened 840;

Students referred – Vision-92, Hearing-61, Blood Pressure-50, BMI- underweight 28, obese 86;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-2008 our overweight and obese rate was 49%. In our 2009-2010 data it was down to 31%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: exercise bike, school screening equipment, playground equipment, and a climbing wall;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: MSDS training, suicide prevention training, blood-borne pathogen training, physical education teacher attends TAPHERD each year;

School faculty and staff have received support for their own well-being through faculty health screenings, faculty health programs and wellness information.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – school counselor now uses Michigan Model. All 4th and 5th grade students receive health class weekly;
- Physical Education/Physical Activity Interventions – all students receive 60 minutes of physical education weekly with a certified physical education teacher. They all receive 90 minutes of physical activity;

- Nutrition Interventions – breakfast is now served to all students in the morning at no cost. We are also taking our fryers out and replacing them with new ovens;
- Mental Health/Behavioral Health Interventions – Coordinated School Health and the school counselor have worked on a new mental health policy.

CSH in the Bells City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Brooke Parkey, at 731-663-2556.



Benton County School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Benton County School System until the end of the 2010-2011 school year.

An infrastructure for CSH has been developed for the Benton County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, the mental health policy, and the substance abuse policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$41,213.15.

Community partnerships have been formed to address school health issues. Current partners include:

Family & Community Involvement	The Berry Clinic
Camden Central High School's Go Green Team	TN Technology Practical Nursing Program
Benton County Drug-Free Alliance	TN Technology Nail Tech Program
UT Extension	Carol Smith, Massage Therapist
Carey Counseling	Dr. Heather Martin, DC
Youth Villages	Darryl Myrick, PT
Benton County Health Council	Bethel University Nursing Program
Camden General Hospital	United Way
Benton County Health Department	LeBonheur
Lions Club	The Camden Chronicle

Rotary Club	Camden Police Department
CADCAT (Anti-drug coalition)	Carl Perkins Center
SADD (Students Against Dangerous Decisions)	Second Harvest Food Bank
WRAP	Drug-Free World
First Baptist Church	Camden Eye Care
First Methodist Church	DARE
Life Choices	Benton County Rescue Squad
Benton County Sheriff's Department	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include School Health Advisory Committee, Healthy School Teams, school health screenings, cooking classes, walking programs, and community physical activity opportunities. Currently, 56 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Walk Across Tennessee, Autism Awareness Group, Benton County Positive Decisions Group, tobacco education, lunchroom fitness, and abstinence education. Approximately 18 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Benton County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 3914 students screened and 2675 students referred;

Students that have been seen by a school nurse and returned to class – 86.78%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Olweus Bullying Prevention Program, playground equipment, physical education equipment, Wiis, Michigan Model curriculum, exercise equipment for students and staff, fruits and vegetables, nutrition education supplies, health screening equipment, comprehensive health education materials and supplies, and healthy snacks.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: emotional issues that affect learning: mental health, asthma and inactivity, diabetes conference for nurses in Vanderbilt, Physical Education Academy in Milan, health screenings for teachers, SPARK physical education training, Michigan Model, Take 10! training, Lunchroom Love, diversity training, social and mental health, how domestic violence and parental drug use affect children, suicide prevention, physical education and beyond in-service ,“Healthy Kids Start with You” and Nutrition 101.

School faculty and staff have received support for their own well-being through: weight loss programs, walking programs, aerobic programs, staff surveys, cooking classes, back pain seminar and nutrition education

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – label reading, nutrition education, comprehensive health education (Michigan Model), anti-tobacco campaigns, abstinence campaigns, anti-substance campaigns, healthy announcements, healthy posters, proper hand washing education, breast cancer awareness campaigns, HIV/STI education, diabetes education, weight loss education, Child Health Week activities, Mobile LeBonheur Good Health Unit, Food and Youth initiative, mock car crashes, Go Green for Healthy Air campaign, heart disease awareness campaigns, golf cart obstacle course with “drunk goggles”, and healthy smoothies;
- Physical Education/Physical Activity Interventions – increased physical education equipment, utilize homeroom time for physical activity, use of after-school bus duty for P.A., improved wellness programs, encourage walking programs, increase student participation in area races and events, Take 10!, chair exercises in homeroom, recess recreation bags and fitness dice to teachers, Walk Across Tennessee in partnership with UT Extension, LeBonheur Lace-Up Walking Program, Blue Cross Blue Shield Walking Works for Schools, physical activity baskets at each school;
- Nutrition Interventions – Got Milk? Campaign, healthy snack lists, nutrition newsletters, Fruit/Veggie of the Week in the lunchroom, healthy announcements, removal of 3 of 4 fryers, switching to ½ whole wheat rolls, lunchroom of the month award, decreased fat and sugar, healthy snacks for students taking standardized tests, PowerU, heart healthy food decals, and healthy choice bar at high school;
- Mental Health/Behavioral Health Interventions – Michigan Model purchased and implemented, MOU’s established with local mental health service facilitates, and Mental Health Council formed.

The Benton County School System received a \$10,000 General Mills Champions for Healthy Kids grant to create a Teen Nutrition Institute that will train teens to provide peer-to-peer nutrition education and food demos in the classroom and in the community.

Benton County sent a group to Tennessee Teen Institute for the first time. The teens will provide peer-to-peer education about substance use and abuse and combat teen pregnancy.

CSH in the Benton County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Donna Moore, at 731-279-4212.



Bledsoe County School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of Coordinated School Health (CSH) activities and accomplishments since the formation of CSH in the Bledsoe County School System.

An infrastructure for CSH has been developed for the Bledsoe County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School health policies strengthened includes nutrition, health services, and healthy school environment.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$100,000.

Community partnerships have been formed to address school health issues. Current partners

include:

Bledsoe County Health Department

Family Resource Center

Tennessee Department of Health

UT Extension/TNCEP

Erlanger Bledsoe

Lion's Club

TWRA

Avalon Center

American Heart Association

The Edge of Women's Care

Blood Assurance

Bledsoe County Children's Council

Bledsoe County Sheriff's

YMCA

Department/EMS/Rescue Squad

Youth Villages

Pikeville City Police/Volunteer Fire Department

Volunteer Behavioral Health

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Give a Child a Chance Day and JR Health Council initiatives. Currently, 15 parents are collaborating with CSH. Students have been engaged in CSH activities such as JR Health Councils health promotions to prevent teen alcohol and drug use, skin cancer, teen pregnancy, and obesity. Approximately 60 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Bledsoe County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2800 Screened with 300 referrals;

Students that have been seen by a school nurse – 25,000 visits with 88% returning to class;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking track, physical education equipment, health education materials and equipment;

Professional development has been provided to school health staff. Examples include TAHPERD for physical education teachers, NASN/TASN for school nurses, American Heart Association CPR/AED/First Aid training for employees, and the Healthy Minds and Healthy Bodies Conference for school counselors; and

School faculty and staff have received support for their own well-being through improved workout rooms with scales, excise bikes and free weights.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – The Edge and Too Good for Drugs;
- Physical Education/Physical Activity Interventions – Mile Run/Height/Weight Assessments, Walk Across TN, Take 10!;
- Nutrition Interventions – FFVP Snacks for Elementary Schools, healthy vending, UT Extension/TNCEP nutrition education;

- Mental Health/Behavioral Health Interventions – memorandums of understanding (MOUs) with Youth Villages Behavioral Health and Project Basic; and
- Sustained school nurse funding is another accomplishment for this school system.

CSH in the Bledsoe County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Jillyen Layne at 423-447-2673 x242.



Blount County School System

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Blount County School System.

An infrastructure for CSH has been developed for the Blount County School System that includes:

- School Health Advisory Committee
- Twenty Healthy School Teams
- School Health Policies strengthened or approved:
- Wellness Policy
- Coach's job description requires CPR certification and AED use training
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,117,379

Community partnerships have been formed to address school health issues. Current partners include:

5 th Judicial Drug Task Force	American Red Cross, Blount County Chapter
Alcoa City Schools	Anderson Lumber Company
Alcoa City Schools Family Resource Center	Big Brothers/Big Sisters
Alcoa, Inc.	Blount BENEfITs
Allergy, Asthma, and Sinus Center	Blount County Children's Advocacy Center
American Heart Association	Blount County Community Health Initiative
American Patriot Bank	Blount County Fire Department

Blount County Government	Cherokee Health Services
Blount County Health Department	Chick Fil A
Blount County Humane Society	Citizens Bank of Blount County
Blount County Mental Health Awareness and Suicide Prevention Alliance	City of Rockford
Blount County Schools Mental Health Team	Clarence Brown Theatre
Blount County Public Library	Clayton Homes
Blount County Schools Family Resource Center	Covenant Health Knoxville Marathon & Kids Run
Blount County Schools Family Resource Center Board	COVERKids
Blount County Schools Health Services	The Daily Times
Blount County Sheriff's Department	East Tennessee Discovery Center
Blount County Substance Abuse Prevention Action Team	East Tennessee Medical Group
Blount County Task Force Against Domestic Violence	East Tennessee Quality Alliance
Blount Discount Pharmacy	East Tennessee Regional Health Department
Blount Education Foundation	East Tennessee Worksite Wellness Roundtable
Blount Memorial Wellness Center and Cherokee Health & Fitness	Elizabeth Strawbridge, RD, LDN
Blount Memorial Hospital Business Health	Family Promise of Blount County
Blount Memorial Hospital CONCERN	Food City - NuVal
Blount Memorial Hospital Foundation and Community Outreach	GoTrybe
Blount Today	Haven House
BlueCross Blue Shield (Walking Works for Schools)	Helen Ross McNabb
CBBC Bank	Heritage High School HOSA
	Hulse Mobile Dentistry
	Jack Raby Optical
	Juvenile Diabetes Research Foundation
	Knoxville Academy of Medicine

Knoxville Area Coalition on Childhood Obesity
Knoxville Metropolitan Drug Commission
Kroger
Knoxville Track Club
Ladies Total Fitness
Let's Talk 101 (Family Life Education)
Lifeline Counseling Center
Lifestar
Mane Support
Maryville City Schools
Maryville College
Maryville/Alcoa/Blount County Parks and Recreation
Medic Regional Blood Center
Mental Health Association of East Tennessee, Inc.
Mental Health Awareness and Suicide Prevention Alliance
Mountain Challenge
National Fitness Center
Olympia Athletic Club
Peninsula Mental Health Center
Planet Wellness
Rockford Elementary School PTO
Rural-Metro

The Rush
SafeKids of The Greater Knox Area
Second Harvest Food Bank
Dr. Timothy Spicer, OD
Sonic
Spectra Recycling
Starbucks
Subway Restaurant
Sunshine Chiropractic
TENNderCare
Tennessee National Guard Counter Drug Division
Tennessee Voices for Children
Texas Roadhouse
University of Tennessee Culinary Institute
University of Tennessee Extension Service – Blount County - TNCEP
University of Tennessee Nutrition Department (Registered Dietician Student Volunteers)
Volunteer State Health Plan
Wal-Mart
Walland Center
Waste Management
Weight Watchers
William Blount High School HOSA

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Parents and grandparents serve on the Blount County Schools School Health Advisory Council. In addition, parent volunteers at our schools serve during health fairs, walk-a-thons, fall and spring festivals, back-to-school family picnics, assisting with the Food 4 Kids Backpack Program, chaperoning health-related field trips, community nights, family nights, working with their students to create family fire escape plans, healthy student celebrations, creation of/construction of walking trails, healthy fundraising activities, field days, Clayton Homes Turkey Trot. Currently, 342 parents are collaborating with CSH.

Students have been engaged in CSH activities. Heritage and William Blount High School HOSA/health sciences students assisted with BMI screening throughout the school year and Heritage and William Blount High School Prom Committee student representatives served on the Substance Abuse Prevention Action Team Prom and Graduation Campaign subcommittee. Students also served on Healthy School Teams, managed school recycling/environmental programs, acted as peer tutors, served as exercise leaders during physical activities or physical education, and assisted with Go, Slow, Whoa kick-off activities. Approximately 335 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Blount County Schools the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – height, weight and blood pressure – 18,561 screened 204 referred (BP only); 11,735 screened for vision and 1195 referred; 11,670 screened for hearing and 87 referred (does not include 2007 – 2008 or 2010 – 2011 data); 5832 dental screenings with 950 referred;

There have been 239,968 student visits to the school nurse and 218,485 of these visits resulting in the student being returned to class (does not include 2007 – 2008 data);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include playground equipment at two elementary schools, construction materials for walking trails at three elementary schools, equipment and supplies for a nine-hole disc golf course, traversing walls at three schools, basketball goals, physical education equipment such as balls, jump ropes, and hand weights, gymnasium mats, equipment for staff/student fitness rooms, Take 10! materials, health-related books for two school libraries, and Go, Slow, Whoa educational materials for thirteen elementary schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CSH overview for new staff and annual CSH update for current staff, Take 10! training, CPR training, QPR overview, suicide prevention training, health services supervisor attended the

Tennessee School Nurses Association annual conference, physical education teachers attended TAHPERD;

School faculty and staff have received support for their own well-being through the annual Employee Fair, the *Healthy Headlines* quarterly employee wellness newsletter, Planet Wellness visits to offer a stress busting day of wellness at each school/worksites, a free employee clinic, and free influenza vaccinations in addition to many wellness initiatives offered at individual schools/worksites.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Health-related books for school libraries, LifeSkills training curriculum grant for implementation of substance abuse and violence prevention curriculum in middle schools, Kick Butts Day activities, hand washing education campaign, prom and graduation substance abuse prevention campaigns, H1N1 education efforts;
- Physical Education/Physical Activity Interventions – Heritage High School 90 minute Fitness Plan, Clayton Homes Turkey Trot, awarding of CSH mini-grants for playground equipment, walking trails, traversing walls, basketball goals, exercise/physical education equipment, and physical activity initiatives such as Homework Hurrahs, and Eagle/Falcon Challenge, Fun and Fitness Festival;
- Nutrition Interventions – Go, Slow, Whoa!, TNCEP nutrition education, fresh fruit and veggie grants;
- Mental Health/Behavioral Health Interventions – Mental Health 101 for high school students, suicide prevention training for faculty, Blount County Mental Health Consortium, Every Life Matters event, Dating Violence Awareness and Prevention activities, Mane Support Grief Counseling, Behavioral Health Pilot Project.

CSH in the Blount County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Mary Beth Blevins at 865-984-1212 x2233.



Bradford Special School District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of Coordinated School Health (CSH) activities and accomplishments since the formation of CSH in the Bradford Special School District in 2006.

An infrastructure for CSH has been developed for the Bradford Special School District that includes:

- School Health Advisory Committee
- Healthy School Team
- School Health Policies strengthened or approved include the student wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$25,563.

Community partnerships have been formed to address school health issues. Current partners include:

- Wal-mart
- Carroll Bank and Trust
- West TN Healthcare
- Bradford Medical Center
- Department of Health
- Gibson County Sheriff's Department
- Skullbone Printing
- Blue Cross and Blue Shield

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. They include four Healthy School Teams, four school health screenings, seven Arrive Alive Drunk Driving Prevention Program, thirty physical education parent night, thirty 8th grade parent night, fifty Fall Fest, fifty Trunk or Treat, Mock Crash, five walking track construction and Four Mile Run Day. Currently, sixty parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include a recycling project, parent meetings, Mock Crash, physical education parent night, Zumba kick off, Arrive Alive Tour and Walking

Works for Schools from Blue Cross/Blue Shield. Currently around 10-15 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bradford Special School District, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 816 screenings performed and 42 referred. Data for 2010-2011 school year;

Students have been seen by a school nurse and returned to class – 2007-2008 1811 were seen by nurse and 1521 returned to class. For 2008-2009, 3349 were seen and 2932 returned, for 2009-2010 5597 were seen and 5240 returned, and for 2010-2011 7064 were seen and 6694 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic – 30% obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking track, climbing wall, salad bar, and physical education equipment;

Professional development has been provided to counselors and physical education teachers. Examples include CSH paying for 2 physical education teachers and a guidance counselor to attend Michigan Model curriculum training, a and guidance counselor assisted by CSH to attend an Olweus bullying prevention training; and

School faculty and staff have received support for their own well-being through Weight Watchers at Work program, Zumba classes, and mini health fair, Y memberships.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum used in guidance by our counselor and by two PE teachers;
- Physical Education/Physical Activity Interventions – Walking track, Go Girl Go, Climbing wall, Mile Run Day for elementary students;
- Nutrition Interventions – salad bar, newsletters, healthy snack cart, no unhealthy vending machines; and

- Mental Health/Behavioral Health Interventions – Olweus bullying prevention program.

CSH in the Bradford Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Dana Garner, at 731-742-3152.



Bradley County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bradley County School System.

An infrastructure for CSH has been developed for the Bradley County School System that includes:

- School Health Advisory Committee
- Sixteen Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$604,169

Community partnerships have been formed to address school health issues. Current partners include:

Tennessee Department of Health- Project Diabetes

Scott's Bicycles

HealthWorks

Tennessee Department of Health- Nutrition, Physical Activity, and Obesity

State of TN- Dept of Environment and Conservation, Recreation Educational Services

Tennessee Regional Health Department- Dental Services

Beanstalk Journeys

Lee University

EPPC Global Management

Bradley County Healthy Community Initiative

American Dietetic Association School Nutrition Services practice group

Eaton Electrical Corporation

Cleveland Interagency Council

Community Action Network

Bradley County Health Department

Bradley County Health Council

One Life One Choice

Civitan Club

Rotary Club

National Center For Youth Issues

GRAAB Coalition- (Going Respectfully Against Addictive Behaviors)

AUDIO C (Against Underage Drinking in Our Community)

Chick-fil-A

Smoothie King

Deli- Boys Subs

Subway

Charleys

Applebees

Fazolis

Dixie Produce

Coke Distribution

Cooke's Food Store

BiLo Grocery Store

Mayfield Dairy

Rebecca J's Restaurant

Cleveland Family YMCA

Skyridge Medical Center

Medical Center Pharmacy

Southern Adventist University

Heart Wise Ministries

RUSH

Blue Cross Blue Shield

Bradley Co. Ministerial Association

CSH SHAC

Cleveland State Community College

Quiznos

Southeast Regional Child Nutrition Supervisors

Lions Club

American Heart Association

Ronald McDonald Charities of Greater Chattanooga

Tennessee Dept. of Health-

Southeast Region

Big City University

New Hope Crisis Pregnancy Center

Bradley County Community Advisory Board

Bradley/Cleveland Public Education Foundation

United Way of Bradley County

Tendercare

Erlanger Medical Center

Bradley/Cleveland Mayor's Coalition

Soup n Such Deli

Caldwell Paving	Tennessee Technological University
Central Asphalt	Mayors' Coalition
Vulcan Rock	PE4life.org
Publix grocery store	Mark Vanderpool-grant writer
Time2Save Coupon business	JC Bowman- grant writer
J103 Radio station	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as School Health Advisory Council, Staff Coordinating Council, Healthy School Teams, Health Screenings, Health Fairs, Healthy Fundraising Activities. Currently, 487 parents are collaborating with CSH;

Students have been engaged in CSH activities such as Student Health Councils, Healthy School Teams, Student health screenings (HOSA students), Art design for health marketing, Creating and Filming health messages for school TV shows, taste testing of new school menu items, designing of school health website, designing of CSH promotional video. Approximately 187 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bradley County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 16,358 students screened and 2535 students referred;

Students have been seen by a school nurse and returned to class – 141,385 (Aug 2008-May 2011);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking trail materials, curriculum, climbing walls, fitness equipment, heart rate monitors, electronic gaming equipment, action based learning equipment, salad bars, Spin bikes, health education teaching tools, health themed elementary fiction books;

Professional development has been provided to school health staff including physical education teachers, school counselors, nurses, classroom teachers, and administrators. Examples include PE4life Academy Training- Indianapolis, IN, Action Based Learning- Jean Blaydes Madigan, GeoFitness- Dr.

JoAnne Owens-Nauslar, Fitnessgram 101/Fitnessgram Testing/Fitnessgram web-based program, Take 10!, Michigan Model Comprehensive Health Education, Second Step, Low-Ropes Fitness Training, TAPHERD, TN School Nurses Association, National School Nurses Association, American Dietetic Association, Tennessee School Health Association, Rural Health of TN Association, Healthy Choice for Youth Summit, National Healthy Minds/Strong Bodies Conference, Coordinator completed Certificate of Training in Childhood and Adolescent Weight Management through the American Dietetic Association in November 2007;

School faculty and staff have received support for their own well-being through Weight Watchers At Work programs, quarterly staff health newsletters, staff health fairs, staff healthy luncheons, staff health promotion bag (fast food facts, pedometer, etc), school site health screenings, school site flu shots, YMCA fitness classes, before/after school fitness classes, walking tracks at schools, action based learning and Take 10! training, CSH promotion of local fitness activities (bike races and 5k races).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

Health Education Interventions – Michigan Model comprehensive health education curriculum adoption, comprehensive health education curriculum integrated in wellness policy, ongoing professional development for counselors, physical education teachers, nurses, health education pacing guides for school nurses, health education component added to physical education pacing guides, health education on elementary menus monthly, Project Diabetes- health educator, school site health fairs, school morning show health video broadcasting, health education themed fiction books in elementary libraries, health education teaching tools provided (food guide pyramid banners, fat chunks, and clogged artery models;

Physical Education/Physical Activity Interventions – physical education4life Academy Training, K-12 physical education pacing guides adopted, physical education Walk-through evaluation forms, Fitnessgram (web-based), technology in physical education (heart rate monitors, pedometers), ongoing professional development, Action Based Learning in classrooms (K-12), Action Based Learning Labs (4 pilot schools), Take 10!, 9 paved school walking tracks, gaming technology (Wii's, DDR, Xavix, etc), low ropes course, Rock Walls, middle school fitness room, Exergame Sport Wall, Spin Cycles, outdoor bicycle class, elective physical education classes in high school, Blue Cross Blue Shield Walking Works for Schools;

Nutrition Interventions – new wellness policy (foods inside/outside cafeteria), menu review by dietitian, Fresh Fruit and Vegetable grant, Go, Slow, Whoa, parent information provided, Core E Apple- School Health Mascot at schools, CATCH Kids Clubs in 11 after-school program sites, professional development for CATCH, community coupon class, new grab and go (healthy options) added to menu, salad bars added, Fruit and Vegetable grant, Project Heart (Healthy Eating and Reading Together) pilots, and professional development for nutrition staff;

Mental Health/Behavioral Health Interventions – new mental health team, revised policies/guidelines, mental health 101 for all staff, suicide prevention training for all staff annually, new memorandums of understanding (MOU's) with local partners, Second Step training, and professional development for counselors.

Additional accomplishments include school health services. In 2010/11 student visits to nurse totaled 51,105 (10,000 total student population). CSH helped implement electronic student nurse visit charting to document student visits, students sent home, and students sent back to class, as well as a diagnosis database. This data can be analyzed by school, student, reason seen, etc, per the district and is presented to the school board. Nurse visits have been a big justification for additional school nursing coverage and the electronic documentation has been instrumental in proving the case.

CSH in the Bradley County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Andrea Lockerby, at 423-476-0620.



Bristol City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bristol City School System.

An infrastructure for CSH has been developed for the Bristol City School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$717,984.00

Community partnerships have been formed to address school health issues. Current partners include:

Bristol Family YMCA

Sullivan County Anti Drug Coalition

Volunteer State Health Plan

Nicotine Free Mountain Empire

Sullivan County Health Department

Sullivan County Adolescent Pregnancy Prevention Initiative

REACH

Holston Medical Group

Sullivan County Health Council

UnitedHealthcare Community Plan

Pioneering Healthy Communities

UT Extension

Northeast Tennessee Council on Children and Youth

Southeast Culinary and Hospitality College

Wellmont Health Systems

Milligan College

Highlands-Wellmont Health Network

King College

United Way

City of Bristol

American Heart Association,
Food City,

United Way Regional Teacher Effectiveness
Coalition,
Bristol's Promise, Bristol Chamber of Commerce

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy Kids Day, YMCA Project Diabetes Family Program, PTA educational events, health screenings, and Vance Community Garden. Currently, more than 200 parents are collaborating with CSH;

Students have been engaged in CSH activities such as the Bristol Youth Leadership students who planted a winter garden and improved the outdoor learning environment at Vance Middle School. Leadership Challenge students at Tennessee High School developed a skit and served as volunteers for the YMCA Healthy Kids Day. Approximately 15 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bristol City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,492 screened with 99 students referred to doctor for vision/hearing and 34,821 students were seen by a school nurse and 31,976 were returned to class;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: mile run incentives, SPARK PE curriculum, staff development for active teaching and learning, staff wellness incentive items, fruits and vegetables for CSH sponsored PTA meetings and staff meetings, CSH professional display, supplies for Vance Middle School outdoor learning environment/garden, vision screening instrument, blood pressure cuffs, scales, incentive items for “No Food as Rewards” campaign, *SPARK: The Revolutionary New Science of Exercise and the Brain* books, door prizes Healthy Kids Day, promotional/educational items for PTA meetings, PE Central Challenge pins, more than 80 accelerated reader library books for health education, and door prize for teen pregnancy conference.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Ron Clark Academy, Brain Gym, Geocaching and GPS in the classroom, Tennessee School Nurse Association Conference, Share the Wealth Physical Education Conference, and Heart Shape Adventure training;

School faculty and staff have received support for their own well-being through walking programs, opportunities for on-site physical activity;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Accelerated Reader health education library books, Michigan Model curriculum and training;
- Physical Education/Physical Activity Interventions – supported numerous opportunities for staff development to encourage and improve active teaching and learning, participated in Jump Rope for Heart, implemented Mile Run events, purchased SPARK PE Curriculum, implemented 5210 message;
- Nutrition Interventions – supported development of a school/community garden at Vance Middle School, implemented Tasty Tuesdays to introduce new fresh fruit and vegetable menu items to students, implemented 5210 message.

CSH in the Bristol City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Rebecca Craddock, at 423-652-9223.



Campbell County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Campbell County School System.

An infrastructure for CSH has been developed for the Campbell County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$17,900.00

Community partnerships have been formed to address school health issues. Current partners include:

- Campbell County Health Department
- Campbell County Health Council
- Ridgewood Mental Health Services
- UT Health Extension Center
- Safe Kids of the Greater Knoxville Area
- Governor's Highway Safety Office
- Campbell County Sheriff's Department
- Mercy Health Care System
- Cardiac Kids
- Knoxville Obesity Coalition

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as healthy school nights, healthy school teams, school health fair and spring and fall fun and safety days.

School Health Interventions

Since CSH has been active in the Campbell County School System the following health interventions have been instituted:

School Health Screenings and Referrals to Health Care provider's – 2986 students had BMI/BP screenings with 11 referrals made;

Students have been seen by a school nurse and returned to class – 5,892;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Take 10! curriculum and training, Michigan Model curriculum and training, elementary climbing walls, climbing ropes and nets, Dance Revolution and needed equipment to allow entire PE classes to use at one time, SPARKS program and materials, salad bars, scales for the schools, BP machines for health clinics, new playground equipment, nutritional information materials for students and parents;

Professional development has been provided to school health staff in Michigan Model training, state School Nurses Conference, and Take 10! training;

School faculty and staff have received support for their own well-being through tri-weekly exercise classes, Know Your Numbers Health assessment, various nutrition and health informational programs, and cooking classes;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions - SPARKS Program, Take 10! Program, Michigan Model Training and Materials;
- Physical Education/Physical Activity Interventions - Parent/Student Exercise Classes, SPARKS program, and physical education equipment;
- Nutrition Interventions- Fresh Fruits and Veggie Stand, Salad Bars, Removal of Fryers, removal of sugar drinks in elementary schools.

All fryers have been removed from the kitchens of the schools, only water and juice are available through elementary vending machines, Take 10! Is being used in elementary classrooms, over 90

parents and students participated in exercises classes, over 300 bike helmets have been given to the students, Ollie the Otter and Eddie the Eagle Safety programs have been started in the schools.

In such a short time, CSH in the Campbell County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Alexis Keiser, at 423-562-2687 x314.



Cannon County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cannon County School System.

An infrastructure for CSH has been developed for the Cannon County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved (wellness and nutrition)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$70,065.00

Community partnerships have been formed to address school health issues. Current partners include:

Cannon County Child Advocacy Center	Get Fit TN
Cannon County Department of Health	HOSA
Cannon County Health Council	Jason Foundation
Cannon County Rescue Squad	Lions Club
Cannon County Senior Citizen Center	Middle Tennessee State University
Cannon County Sheriff's Department	REACH After School Program
Cannon County UT Extension/TNCEP	Stones River Hospital
Dr. Jeff Todd (local physician)	Success by 6/United Way
EdPro Development (SWPBS technical support)	Susan Bennett, D.D.S. (local dentist)

TENNderCare	Youth Dream
Tennessee Technological University	Leadership Cannon Three Star Committee
The Cannon Courier (local newspaper)	Cannon Arts Studio
TNCEP Coalition/Advisory Council	CSH Parent Council
WBRY (local radio station)	Cannon County Mental Health Council
Woodbury Police Department	Arts Center of Cannon County

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as CSH/SWPBS teams, CSH Parent Academy, and the School Health Advisory Council. Currently, 30 parents are collaborating with CSH;

Students have been engaged in CSH activities such as CSH/SWPBS teams and the Cannon County High School Teen Health Council. Approximately 45 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cannon County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 916 screened and 581 referred;

Students have been seen by a school nurse and returned to class – 1703 seen, 1638 were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. This year students measured at 41% overweight/obese, a **2.1% decrease** from their last measurement;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking trials, Dance Dance Revolution kits, Xbox 360 Kinects, PE equipment, staff/student fitness room, and Michigan Model health curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10!, Michigan Model, bullying prevention, TAPHERD Conference, RHAT Conference, brain friendly practices, school-wide positive behavior support, CSH conferences and regional workshops;

School faculty and staff have received support for their own well-being through a staff flu clinic, BMI/BP screenings upon request, Weekly Word in the health newsletter.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model, Nutrition Label Program, Power-U, Germ City, Healthy Steps, Health Rocks, My Pyramid, bullying prevention program, school-wide positive behavior support;
- Physical Education/Physical Activity Interventions – Michigan Model, Take 10!, Power-U, Healthy Steps, Health Rocks, Brain Friendly Practices, SMART;
- Nutrition Interventions – revised wellness and nutrition policy, fried food reduction, fresh fruit and vegetable increase, Registered Dietitian contracted services;
- Mental Health/Behavioral Health Interventions – bullying prevention program, school wide positive behavior support, mental health team 101, and suicide prevention.

Coordinated School Health in the Cannon County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Connie Foster, at 615-563-5752 x245.



Carroll County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of activities and accomplishments since the formation of CSH in the Carroll County Consortium beginning with the 2007-2008 calendar school year within the five special school districts of Carroll County.

An infrastructure for CSH has been developed for the Carroll County Consortium that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$19,852.17. In-kind service hours total 855 hours for volunteers assisting with CSH programs.

Community partnerships have been formed to address school health issues and include the following:

24/7 Fitness Center-Huntingdon	Carroll Co. Civic Center
Hwy. 22 Auto Salvage	Carroll Co. Sheriff's Dept.
Air-Evac	Carroll Co. Technology Center
American Heart-Stroke Association	Dixie Performing Arts Center
Atwood Volunteer Fire Dept.	G & C Supply Company, Inc.
Bank of Gleason	Hollow Rock Police Dept.
Bethel University	Howl Bean Towing Company
Block City Pizza	Huntingdon Police Dept.
Carroll Bank & Trust	Huntingdon Termite & Pest Control

Westport Volunteer Fire	Tennessee Highway Patrol
Williams Furniture Company	Carroll Co. Rescue Squad
West TN Diabetic Educator-Glenda Nanney	TENNderCare
William E. Webb, DDS	Taylor Real Estate & Auction
Huntingdon Eye Care-Dr. Lee Nicholson	Safe & Drug Free Committee
West Carroll Pharmacy	South Carroll SSD
West Carroll Medical Clinic	Prairie Farms/Turner Dairy
Well Child	Carroll Co. Interagency Council
WBBJ-TV Channel 7	Phipps Pharmacy
Watson Lumber Co.-Seth Bennett	Northwest Council on Children & Youth
Dr. Michael Roberts – Carroll Co. Chiropractic	Carroll Co. Fire Dept. and Chief Terry Bradshaw
Farmers' & Merchants Bank	Carroll Co. Haz-Mat Team
W.R.A.P. (Women's Rape Assistance Program)	Northside Medical Center - Dr. Thomas P. Evans
Dr. Lee M. Carter	Carroll Co. EMA-Janice Newman
Vale Volunteer Fire Dept.	Carroll Co. Health Dept.-Barbara Kelly
UT Extension	Carroll Co. Mayor Kenny McBrid
Dietitian Associates	Carroll Co. R.S.V.P.
Trezevant Volunteer Fire Dept.	McLemoresville Volunteer Fire Dept.
Clarksburg Police Dept.	Carroll Co. Department of Children Services
Trezevant Police Dept.	McKenzie Volunteer Fire Dept.
Carroll Farmer's Co-op	McKenzie Rotary Club
Town of Huntingdon-Mayor Dale Kelley	McKenzie Regional Hospital / EMS
Carroll Co. TNCEP Coalition	Carl Perkins Center
Town of Clarksburg	McKenzie Police Dept.
The McKenzie Banner	McKenzie Medical Cnt.-Chiropractor

C & H Graphics	M.A.D.D. (Mothers Against Drunk Driving)
McKenzie Medical Cnt.-Alice Chapman RD	Bill Sills Sportswear
Bruceton, Huntingdon, McKenzie Lion's Club	Life Care Center of Bruceton
Carey Counseling	LeBonheur Community Outreach
McKenzie Family Chiropractic	Baptist Memorial Hospital
Bruceton Police Dept	Huntingdon-Rita Foster
March of Dimes	Lakeland Springwater Company
Macedonia Volunteer Fire Dept.	King Law Office
Bill's Flowers & Gifts	Johnsonville TVA Employees Credit Union

Parent and Student Involvement Developed:

Parents are involved in various CSH activities that include Academic Success Day Celebrations, after-school exercise programs, after-school nutrition programs, Food Fiesta, health fairs, Healthy School Teams, mock crash scenes, school health screenings, tobacco prevention/awareness programs, and Walk to School Day. Currently, 71 parents are collaborating with CSH to improve the existing programs and help develop programs in the future to educate our students.

Students have been engaged in CSH activities and programs that include Academic Success Day Celebrations, Food Fiesta Food Prep and Station Coordination, Germ 101, Hand Washing Education for younger students, Health Fairs, Health Promotion Media Events, Healthy School Teams, Mock Crash Scene Drama Teams, Tobacco Prevention/Awareness Campaigns, and Walk to School Day Organization for Primary students. Approximately 117 students are partnering with CSH to address school health issues;

School Health Interventions

Carroll County Consortium Health Screening Data:

2007-2008	Total students screened: 2,836	Total referrals for all screenings: 843
2008-2009	Total students screened: 3,501	Total referrals for all screenings: 701
2009-2010	Total students screened: 5,645	Total referrals for all screenings: 1,344
2010-2011	Total students screened: 6,201	Total referrals for all screenings: 1,635

Total nurses visits – 63,078 students returned to class after visits: 57,097 or 91% of students returned to class after nurses' visits since inception of CSH;

Specific interventions have been made in the following areas to address childhood obesity and other important health issues in the Carroll County Consortium:

- Physical Education/Physical Activity Interventions – 2009 CSH conducted a Take 10! in-service for faculty and purchased curriculum for 52 attending teachers to provide the manuals for classroom enrichment to promote physical activity. 2010-2011 CSH purchased Fitness Gram computer based programs for 7 P.E. teachers within Carroll County schools to promote physical activity for students in P.E. classes;
- Nutrition Interventions – 2010-2011 CSH partnered with R.D. and worked with Food Service Supervisors to improve menu selections for students. CSH surveyed approximately 1,600 students on each menu item served in each of the 5 school district cafeterias to use the data for review and suggestion with the Food Service Supervisors.
- Healthy School Environment – Mock Crash Events

Coordinated School Health in the Carroll County Consortium has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Mandy Drewry, at 731-986-8388.



Carter County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Carter County School System.

An infrastructure for CSH has been developed for the Carter County School System that includes:

- School Health Advisory Committee
- Healthy School Teams in each school
- School Health Policies strengthened or approved include a district wellness policy, mental health policy, medication policy, students with known allergies policy, and a communicable disease policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$87,498.

Community partnerships have been formed to address school health issues. Current partners

include:

- Carter County Health Council
- Carter County Health Department
- Elizabethton Rotary
- Mountain States Health Alliance
- Elizabethton Parks and Recreation
- Sycamore Shoals Hospital
- Riverside Pediatrics
- TNCEP Coalition
- Health Occupation Students of American (HOSA)
- NE TN Regional Health Office
- TennderCare Programs
- Family EyeCare Center of Elizabethton
- Elizabethton Kiwanas
- First Medical OB/GYN
- AmeriChoice
- Blue Cross Blue Shield of TN
- Community Advisory Board
- East TN State University

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health fairs, healthy school teams, family resource center events and Parent Café.

A student health council and advisory is in the process of being revived for the 2011-12 school year. Students are an important part of implementing coordinated school health and need to be a part of the process. This is a goal of Carter County School's CSH initiative.

School Health Interventions

Since CSH has been active in the Carter County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – BMI= 1491 screened, 384 referred, Blood Pressure=1491 screened, 18 referred, Scoliosis= 186 screened, 19 referred, Vision=846 screened, 73 referred;

Students have been seen by a school nurse and returned to class – 14,263 school nurse visits of which 11,891 were returned to class. BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 42% of our students are either overweight or obese as measured by a BMI over the 85th percentile;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: 4 climbing walls, resurfacing of a tennis court, PE, Wii, Dance Dance Revolution, Elliptical Trainers, updated PE equipment at all schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CSH sponsored physical education teachers to attend wellness institutes and in-services, school nurses have attended conferences, including a diabetes institute at Lipscomb University and annual school nurses conference;

School faculty and staff have received support for their own well-being through after school fitness class offerings and on site flu vaccination clinics. A staff fitness room is scheduled to open in the fall of 2011;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – nutrition education through our partnership with TNCEP, Obesity in a Bottle classes and Family Life Education provided by the Carter County Health Department;
- Physical Education/Physical Activity Interventions – Fit Kids in partnership with East TN State University, climbing walls, and active recess;
- Nutrition Interventions – compliance with state vending laws and a decrease in the number of fried food served in our cafeterias;
- Mental Health/Behavioral Health Interventions – partnership with Frontier Health to provide two social workers for our high school students and create our first ever formal partnership with a mental health agency.

Coordinated School Health in the Carter County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Beth E. Bare, at 423-542-9739.



Cheatham County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cheatham County School System.

An infrastructure for CSH has been developed for the Cheatham County School System that includes:

- School Health Advisory Committee
- Twelve Healthy School Teams
- Student Communicable Disease (i.e.: head lice) policy strengthened and student health services policy strengthened
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,244,795.00.

Community partnerships have been formed to address school health issues. Current partners

include:

- TN Technology Center at Dickson-
- LPN Program,
- TN Kidney Foundation,
- GetFitTN,
- Project Diabetes,
- American Heart Association,
- TN Action for Healthy Kids,
- UT Extension,
- TNCEP,
- Cheatham County School System County Health Department,
- Mid-Cumberland Regional Health Department,
- Cheatham County School System County Health Council,
- Cheatham County School System County Community Partners,
- SWPBS District Leadership Team for Cheatham County School System
- Cheatham County School System County Lion's Club,
- Mid-Cumberland Head Start,
- Mid-Cumberland Community Action Agency

- Centerstone
- Ashland City Parks and Recreation

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health screenings, wellness nights, cooking with kids events. Currently, about 40 parents are collaborating with CSH.

Approximately 100 students are partnering with CSH to address school health issues. Students have been engaged in CSH activities such as: students in Middle and High Schools volunteer with field days and each elementary school. There they set up stations and teach younger children how to participate in games and races outdoors. Following a collaborative effort to conduct cooking classes at a middle school the students decorated the hallway near cafeteria with My Pyramid information and gave recipes to nutrition staff. A group of students in high schools developed a skit to present to other students in hopes of preventing teen pregnancy.

School Health Interventions

Since CSH has been active in the Cheatham County School System, the following health interventions have taken place:

2,736 students completed health screenings this year. 138 students were referred for further testing of their vision. 28 students were referred for further hearing testing. 203 students were referred for blood pressure results and 473 were referred for BMI results;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 1.9% of the Cheatham County School System students are underweight, 63.3% are at a healthy weight, 15.6% are overweight, and 19.1% are obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include three walking tracks, updates to all middle and elementary playgrounds, cooking carts for elementary schools, comprehensive health education curriculum, and physical activity equipment for all schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include suicide and child abuse prevention trainings, bully prevention training, TAPHERD conference for physical education teachers, Healthy Mind/Strong Bodies Conference for guidance

counselor, pediatric diabetes seminar for school nurses, bloodborne pathogen training for all employees;

School faculty and staff have received support for their own well-being through after-school exercise programs, health screenings, and vaccination clinics.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – “What’s the Rush” campaign, “Too Good for Drugs” curriculum, “Germ City” and “Organ Wise” curriculums provided by UT Extension;
- Physical Education/Physical Activity Interventions – new equipment purchased and other playground areas updated to promote more physical activity, increased physical activity time during school day;
- Nutrition Interventions – “Kids in the Kitchen”, “Cooking with Kids”, monthly Nutrition Nugget publications, Fresh Fruit and Vegetable Grant recipient, partner with TNCEP Program;
- Mental Health/Behavioral Health Interventions – Centerstone Grant recipient that now houses 7 therapists for students and established bullying prevention programs.

Coordinated School Health in the Cheatham County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Shelley White Mayo, at 615-792-5664.



Chester County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Chester County School System in 2007.

An infrastructure for CSH has been developed for the Chester County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened/approved include a mental health policy and a wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$561,454.00.

Community partnerships have been formed to address school health issues. Current partners include:

Healthy School Teams	Lions Club
Student Health Councils	TN Heart and Vascular Center
Mental Health Team	Walker Clinic
County Health Council	Cancer Queens
Remote Area Medical	LeBonheur
United Methodist Men/Women	Henderson Health Center
County Health Department	Carl Perkins Center
The Grove	Henderson City Council
UT Extension	Chester County School System Drama Department
TN Technology Center	Chester County School System Arts Council

Community Advisory Board

Rural Health

Local Ministry Groups

TAHPERD –Local FHU members

Gleaner’s House

Chester County School System Sheriff
Department

Brother’s Printing

Henderson Fire Department

TNSH Coalition

Parent and Student Involvement Developed

Parent involvement continues to increase in CSH activities. Over the past four years, parents have partnered with activities that include Parent Education Night (15), Red Ribbon Week Activities (8), DUI Simulator/Education (10), Health Screenings (61), Girl Talk (12), Family Fun Night (53), PA Day (12), Tar Wars (14), Way 2 Go Kids (18), PE Fun raiser (50), 100 Days/100 Donations (42), Movement Centers (12), Fire Prevention Activities (12), ReCharge (4), Relay for Life games (50), PE/CSH Night (48), Safety Meetings (8), Ladies Day (30), After-school (6), Recess (6).

Student led health initiatives from 2007 to present include Healthy Snack Store (8), Healthy Recipe Contest (51), Red Ribbon Week Activities (66), School Lunch Week (20), Lunch in the Courtyard (16), Walk-a-Thon (10), Relay for Life games (57), Child Health Week Activities (5), Screenings-HOSA (10), Smoothie Bar (12), PA Days (25), and Valentine Project (16).

School Health Interventions

Since CSH has been active in the Chester County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 4,078 screened and 1,400 referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Most recent BMI data – Underweight: 2%, Normal weight: 59%, Overweight: 39%, Obese: 23%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: WittFitt seats, FitnessGram, Wiis/proper equipment, health curricula, physical activity curriculum, after-school program curricula and equipment, physical education training and equipment, faculty/staff exercise equipment/fitness room.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include FitnessGram, child abuse reporting, violence prevention, gang information, mental health policy, Wellness-Hear Aware, stress relief, nutrition information, mental health awareness, suicide prevention, seizures, asthma, allergies, Coordinated School Health, title laws, safety in the workplace, bloodborne pathogens, and diabetes education.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – implementation of Michigan Model curriculum by guidance counselors; Introduction of Health Education/Health Services into intervention classes;
- Physical Education/Physical Activity Interventions – new and/or updated equipment for physical educators; Introduction and implementation of assessment tool for physical educators; scheduled recess times for elementary school; physical activity curricula and equipment for classroom teachers;
- Nutrition Interventions – purchase and distribution of fresh fruits and vegetables, addition of new and different foods within school setting, removal of unhealthy foods and snacks from school cafeterias, removal of unhealthy snacks and drinks from vending machines, requirement for healthy fundraisers, removal of fryers from school kitchens;
- Mental Health/Behavioral Health Interventions – provided in-service training for mental health, formation of mental health team, passage of mental health policy, continuing education/training on mental/behavioral health for faculty and staff.

CSH has created a tighter bond between community and school as well as strengthened collaborations between departments within the school system by using health issues to connect points of interest and concern.

Coordinated School Health in the Chester County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Heather Griffin, at 731-989-5148.



Claiborne County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Claiborne County School System.

An infrastructure for CSH has been developed for the Claiborne County School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved- Health and Wellness, Physical Activity 90 minutes, school snacks healthier, skim and 1% milk only in cafeterias timers on snack machines high schools.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$84,740.00.

Community partnerships have been formed to address school health issues. Current partners

include:

- | | |
|-----------------------------------|---------------------------------------|
| ➤ Health Dept | ➤ Mercy Health partners |
| ➤ LMU Medical School | ➤ National Guard Drug Task Force |
| ➤ LMU Health and PE Dept | ➤ Walmart |
| ➤ Evenstart | ➤ Lee Chevrolet |
| ➤ Cherokee Health Systems | ➤ Stanifer Drugs |
| ➤ UT Ag Extension | ➤ First Century Bank |
| ➤ Farm City Day | ➤ Citizens Bank |
| ➤ Claiborne County Health Council | ➤ TNCEP, Tendercare |
| ➤ Truth About Drugs | ➤ National Guard Army Drug Task Force |
| ➤ Biggest Loser | ➤ City of Tazewell |
| ➤ Claiborne County | ➤ City of New Tazewell |
| ➤ Get Fit | ➤ City of Harrogate |
| ➤ Tazewell Police Dept. | ➤ Ollie The Otter |
| ➤ Chamber of Commerce | ➤ Claiborne County Sheriff |
| ➤ Mayors Office | ➤ Clinch Powell program |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including health screenings, flu mist, Biggest Loser, Get Fit, TNCEP, and TenderCare. Currently, 62 parents are collaborating with CSH;

Students have been engaged in CSH activities that include health screenings, Farm City Day, Race For School Health, and healthy school teams. Approximately 148 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Claiborne County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,695 screened and 199 referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The Claiborne County School System obesity rate is currently 23.0 in 2011 showing a 1.1% improvement since 2009, which was 24.1;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: six walking trails, Michigan Model curriculum, physicals for faculty and staff, Mercy Health Systems, PE equipment: mini trampolines, balls, jump ropes, exercise mats, Wii Fit, bean bag games, and health workbooks;

Professional development has been provided to school health staff. Examples include TAPHERD, Take 10!, Brain Gems , mile run protocol, introduction to new games and activities;

School faculty and staff have received support for their own well-being through Mercy Health Systems blood work, BMI, blood pressure, Biggest Loser, Get Fit, and walking trails.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Family Life- Health Dept, Truth About Drugs, meth education, District Attorney's office, anti-smoking curriculum, seat belt safety, and nutritional eating;

- Physical Education/Physical Activity Interventions – walking trail, bean bag games, walking works, power walks, mile run rewards, in-service PE teachers-new games, Brain Gems for classroom teachers, and Take 10!;
- Nutrition Interventions – Healthy Eating UT Extension Service, Michigan Model nutrition section, smaller portions-UT Extension, removal of whole milk and 2% from cafeterias;
- Mental Health/Behavioral Health Interventions – hired school psychologist- E.L. Adams Mental Health team and leader.

Coordinated School Health in the Claiborne County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Richard Hoskins, at 423-626-3543.



Clay County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Clay County School System.

An infrastructure for CSH has been developed for the Clay County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School health policies strengthened or approved.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$800.

Community partnerships have been formed to address school health issues. Current partners

include:

- Clay County Health Council,
- Family Resource Center,
- Clay County Drug Coalition,
- Plateau Mental Health,
- Clay County Health Department,
- Overton County Health Department
- Clay County Juvenile Court System,
- Clay County Sheriff Department
- Plateau Mental Health,
- Agricultural Extension Service,
- Drs. John H. Stone and Jean Donaldson, DDS,
- Clay County Diabetes Coalition,
- Youth Villages Mental Health Facility,
- Relay for Life,
- Second Harvest Food Bank,
- Cumberland River Hospital,
- 13th Judicial District Attorney General's Office

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These include Farm Safety Day, Mother/Daughter Tea, One Mile Run, Parent/Teacher Conference Materials, Red Ribbon Week, Dental program, Power U, Power Panther, Back Pack Program, "What's the Rush?", Relay for Life. Currently, 518 parents are collaborating with CSH.

Approximately 1036 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Clay County School System, the following health interventions have taken place:

School Health Screenings - 332 students screened and 80 students referred to health care providers;

Students have been seen by a school nurse and returned to class - 3563 total visits to the school nurse/ 3335 of those visits returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 49% of students are either overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples include physical education equipment and Take 10! curriculum;

Professional development has been provided to school health staff nurses, physical education teachers, and counselors. Examples include TTU physical education/wellness in-service for all physical education teachers, RHAT Conference for nurses and guidance counselors, April 2011 in-service in Murfreesboro;

School faculty and staff have received support for their own well-being through annual Clay County staff wellness promotion.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Dental Transport Program, Power Panther, Power U, hand washing and germ classes, physicals for kitchen staff, Red Ribbon Week, sports physicals, staff wellness promotions, Mother-Daughter Tea, What's the Rush, PE in-service TTU, H1N1 vaccinations;

- Physical Education/Physical Activity Interventions – One Mile Run, PE equipment purchased for all 4 schools, Farm Safety Day, Field Day, reward trips for area parks;
- Nutrition Interventions – Fresh Fruits and Vegetables grant, Back Pack programs, Power Panther, Power U, healthy snack cart, Increased use of whole grain products;

Coordinated School Health in the Clay County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Diana Monroe, at 931-243-5510.



Cleveland City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cleveland City School System.

An infrastructure for CSH has been developed for the Cleveland City School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include the Wellness Policy/Mental Health Procedures
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$156,557.82.

Community partnerships have been formed to address school health issues. Current partners

include:

- Junior Auxiliary
- United Way of Cleveland
- YMCA
- SkyRidge
- Lee University
- Cleveland State Community College
- Cleveland City Schools
- PTOs
- community volunteers for health screenings or other CSH sponsored activities
- Bradley Initiative for Church and Community (BICC)
- Boys and Girls Clubs
- GRAAB Coalition
- Audio-C
- Bradley County Health Council
- Bradley County Health Department

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including health screenings, School Health Advisory Council, School Health Coordinating Council, Healthy School Teams, and Family Health and Education Nights. Currently, 75 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Child Health Week, Jr. Health Council, and Healthy Fundraising Projects. Approximately 100 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cleveland City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – Hearing: 1,230 screened with 89 referrals, Vision: 1,133 screened with 104 referrals, Scoliosis 6th grade: 369 screened with 0 referrals, BMI and Blood Pressure: 1,832 screened with 20 BP rechecks and 400 BMI referrals;

Students have been seen by a school nurse and returned to class – 10,274 with 9,632 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Grades K, 2, 4, 6, 8, 11 screened 59% normal BMI, 17% overweight and 21% obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing wall, horizontal bar for outdoor walking/nature trail, physical education equipment/class room physical activity sets, Dance Revolution, Michigan Model curriculum and Take10! curriculum;

Professional development has been provided to school health staff and counselors. Michigan Model resource materials and training provided, suicide prevention, diabetes prevention and HIV prevention;

School faculty and staff have received support for their own well-being through after school exercise programs, discounts to workout facilities, pedometers for “walkers” healthy newsletters and health promotions.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model manuals and resource supplements purchased for all elementary school counselors and Kindergarten teachers, training and

support for Michigan Model provided, meeting held with school district curriculum team regarding using the Michigan Model for comprehensive health education in the system, HIV training, and resources and support given to the middle and high school wellness teachers;

- Physical Education/Physical Activity Interventions – Take 10! training, resource manuals and support provided to all elementary teachers. Purchases include a climbing wall, exercise stepper for faculty/student workouts, horizontal bar for outdoor nature/walking trail at the middle school. Additional purchases: pedometers, archery sets, exercise DVDs, Fitness Gram, classroom recess sets, PE equipment and materials. Professional development to PE and classroom teachers;
- Nutrition Interventions – purchased food cart for child nutrition classes, collaboration with registered dietician on Fresh Food and Veggies grants, partnerships with Greenway Table, provided educational information to parent groups, and school employees;
- Mental Health/Behavioral Health Interventions – behavioral health policies and procedures strengthened.

Other achievements include volunteers, community partnerships and collaborations, Safe Routes to Schools, participation in America on the Move (100 teachers) growing number of teachers who are modeling health and exercise in their personal lives. All schools have Healthy School Teams as part of their school leadership teams. All schools have completed the eight SHI modules, and a website was designed specifically for CSH that was created by four Cleveland High School students.

Coordinated School Health in the Cleveland City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Amy Hicks, at 423-479-4668.



Clinton City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Clinton City School System.

An infrastructure for CSH has been developed for the Clinton City School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved include the in school vending machine policy, student wellness at school functions (parties and celebrations in which food is involved), improved nutrition guidelines for cafeteria menu planning, extended physical activity in schools and a memorandum of understandings with local agencies for mutual assistance
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 52,238.52.

Community partnerships have been formed to address school health issues. Current partners include:

- Anderson County Health Department
- Allies for Substance Abuse Prevention of Anderson County
- Our Daily Bread of Tennessee
- Second Harvest
- Ridgeview
- Enrichment Credit Union
- Covenant Health

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These include advisory committees, health and vision screenings, and providing input into cafeteria meals evaluations. Currently, five parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Food samplings/tastings, cafeteria critiques of new food items, green activities related to recycling, healthy environmental activities, and promoting health in the present and future. Approximately 175 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Clinton City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 616 screened and 257 referred;

Students have been seen by a school nurse and returned to class – 1,623 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2010-11 school year 3.3% of students were underweight, 56.5% were normal weight, 16.7% overweight and 23.5% measured obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trail, playground equipment, Wii exercise equipment, student exercise bike, adult exercise bike, elliptical exercise machine, and a playground safety cover.

Professional development has been provided to school health staff. Examples include Take 10! exercise class training, Epi-Pen use training, asthma training, cardiopulmonary resuscitation training, Automated Electronic Defibrillator training, anti-bullying, suicide prevention, school safety training;

School faculty and staff have received support for their own well-being through cardiopulmonary resuscitation training, Automated Electronic Defibrillator training, suicide prevention, and school safety training

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – consumer education (making good food choices), diabetes education, anti-bullying education, good health practices (general health practices for elementary students);
- Physical Education/Physical Activity Interventions – Take 10! training for staff, introduction of high interest equipment into the PE program, teacher grants made available for programs to boost increased physical education/physical activity;

- Nutrition Interventions – engaged certified dietitian to analyze school food services menu, substituted new healthier food items for those high in saturated fats and sodium, provided food tasting opportunities for students where new foods are served, wrote grant for fresh fruits and vegetables for students (third year funded), worked closely with food services department, requested parental and student input of cafeteria concerns;
- Mental Health/Behavioral Health Interventions – provide suicide prevention awareness training for staff each year, system’s psychologist is developing a list of resources for assistance beyond the scope of the school system, guidance counselors are available to assist with student special needs.

Coordinated School Health in the Clinton City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Mindy Wilson, at wilsonm@clintoncityschools.org.



Cocke County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cocke County School System.

An infrastructure for CSH has been developed for the Cocke County School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved (CSH Policy; PE/PA; Comprehensive Health Education; Healthy School Environment; Mental Health; and Student/Family/Community Involvement)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$28,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

Amedisys Health Care

University of Tennessee Hospital

Tennessee Suicide Prevention Network

Volunteer State Health

Tennessee Council on Children and Youth

UT Extension Office

Safe Harbor

Cornerstone Recovery Center

East Tennessee Children's Hospital

The Mustard Seed

American Heart Association

District Attorney General Jimmy Dunn

Cocke County Health Council

DCS

Just Wait

Cocke County Health Department

Walter's State Community College

Cherokee Health Systems

Relative Caregivers	Cocke County Mayor
Safe Space	Ameri-Choice
Cocke County Sheriff's Department	Bags Of Love
Newport Police Department	Hamblen County Health Educator
Cocke County Juvenile Court	Smoky Mountain Family Therapy
Baptist Hospital of Cocke County	Brenda Ellison, RN
Medic Regional Blood Bank	Karen Smith, Community Representative
Relay for Life	East Tennessee Mental Health Association
Susan G. Komen Foundation	Douglas Cooperative
Rural Medical Services	Smoky Mountain Family Matter
TENnderCARE	Hopebridge Solutions
The Newport Plain Talk	Pregnant Teens Support Group
WNPC Radio	Tennessee Community Health Service
WLIK Radio	East View Eye Clinic, Tacoma Hospital
WIR Television Station	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include school health screenings, Advisory Board meetings, Open House events at the schools, and Healthy School Teams. Currently, 40 parents are collaborating with CSH;

Students have been engaged in CSH activities including Open House events at the schools, Healthy Families Spring Fling, the NEWSTART program, and working with individual students on physical activity skills. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cocke County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – approximately 7565 students screened and 247 students referred in our 4 years.

Students have been seen by a school nurse and returned to class – 4,590 students were seen by the nurses and 4,549 were returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The BMI rate for male students in Cocke County declined in both the overweight and obese categories. For the 2009-2010 school year the BMI in the overweight category was 49%, decreasing in the 2010-2011 school year to 43%. The obese category BMI for 2009-2010 was 30% decreasing in 2010-2011 to 29%. Unfortunately, female students have shown slight increases.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Wii consoles with Wii fitness accessories, climbing wall, exercise bikes, treadmill, weight bench and weights, volleyball set, GEO mats, swing set; Michigan Model curriculum.

Professional development has been provided to counselors, PE teachers, nurses, etc. Examples include: We have paid for 5 of our physical education teachers to go to TAHPERD. We have provided staff development in Michigan Model Curriculum training, Take 10!, GoTrybe, Coordinated School Health overview, School Health Index, suicide prevention training, mental health 101, and “Typical or Troubled”.

School faculty and staff have received support for their own well-being through fitness equipment placed in the schools and the No Teacher Left Behind program.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum;
- Physical Education/Physical Activity Interventions – TAHPERD attendance, equipment purchased, staff development, and PA monitoring;
- Nutrition Interventions – Nutrition classes for students and demonstrations for parents provided by our registered dietician, UT Extension Office, and Mr. Walt Cross with NEWSTART, and Nutrition class for staff;
- Mental Health/Behavioral Health Interventions – Counseling for students and staff when principal passed away, “What’s the Rush” Program.

Coordinated School Health in the Cocke County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Rita McNabb, at 423-623-1528.



Coffee County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Coffee County School System.

An infrastructure for CSH has been developed for the Coffee County School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include Mental Health Guidelines adopted and compliance with k-8 vending policy enforced
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 150,645.

Community partnerships have been formed to address school health issues. Current partners include:

Respiratory at Home	Family Resource Center
River Park Hospital	George Denton Brown Foundation
United Regional Medical Center	Action for Healthy Kids
Harton Regional Medical Center	UT Extension Agency
Manchester Parks and Recreation Department	American Heart Association
The Health Nutt	Food Lion
Aerospace Testing Alliance	Community Foundation of Middle Tennessee
Dr. Paul Honeycutt, DDS	TPHA
Dr. Peter Shelton, DDS	RHAT
Sportsmen and Businessmen's Charitable Organization	TNSHC

Manchester City Schools

Coffee County Mayor's Office

Coffee County Health Council

Coffee County Health Department

TAHPERD

Save the Children

USDA

Coffee County Schools Food Services

Coffee County Schools Health Services

Coffee County High School

Coffee County Middle School

Koss Center (Alternative School)

Hickerson Elementary School

Hillsboro Elementary School

East Coffee Elementary School

North Coffee Elementary School

New Union Elementary School

Deerfield Elementary School

Centerstone

Coffee County Head Start

Agencies Serving Kids

Rutledge Falls Baptist Church

Hillsboro Methodist Church

Excellence at East After School Tutoring

Coffee County Anti-Drug Coalition

Creative Health Consultants, INC.

TASN/NASN

Children's Advocacy Center

Partners for Healing

Manchester Housing Authority

Wal Mart

TOT

Smiles for Tomorrow Committee

Adult Literacy Council

Coffee County Sheriff's Dept.

Coffee County DARE

Girl Scouts

Spring Street Market

Dotson's Produce

Tennessee Department of Health

Family Resource Center

Coffee County High School Culinary Arts Class

Tulahoma City Schools

Channel 6 (local cable channel)

Manchester Times

Saturday Independent News

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including mental health teams, healthy school fundraisers, Healthy School Teams, and school health screenings. Currently, 13 parents are collaborating with CSH.

Students have been engaged in CSH activities that include healthy fundraisers, Jump Rope for Heart and healthy recipe contests. Approximately 1,336 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Coffee County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – screened 1,996 students and referred 1,121 for vision 110, blood pressure 96, BMI 889, hearing 23, scoliosis 3;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2010-2011 BMI data for Coffee County Schools: 44% Overweight or obese, 55% normal weight and 1% underweight.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a climbing wall, a walking track, a salad bar, two DDR systems, screening equipment to health services;

Professional development has been provided to school health staff counselors, PE teachers, nurses, and health/wellness teachers. Examples include TAHPERD, Michigan Model training, Take10! training, AHA CPR instructor training, and AHA CPR training;

School faculty and staff have received support for their own well-being through weight loss competitions, weight loss education from consulting dietitian, physical activity instruction from certified fitness instructor, and Zumba classes after school.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training and curriculum to 5 school counselors, two nurses, two physical education teachers, and one health teacher;

- Physical Education/Physical Activity Interventions – Take10! training and curriculum provided to thirty-seven teachers, physical education teacher trained as Take10! trainer;
- Nutrition Interventions – services of Registered Dietitian available for consultation for students, families, and staff. Dietitian serves as team nutrition member at 2 elementary schools, Middle school came into compliance with K-8 vending policy/School Wellness Policy, salad bar purchased by CSH making salads available daily to all high school students. One elementary school awarded Gold School of Distinction award May 2011 and 3 other elementary schools serving Gold School menus and will apply school year 2011-2012, Increased breakfast participation in 3 elementary schools;
- Mental Health/Behavioral Health Interventions – formation of mental health team, adoption of state mental health guidelines, mental health 101 training, and school based mental health services in 2 elementary schools. CANS training for all counselors. Access to dental care for uninsured children has been provided since 2008 through a partnership with The Sportsmen and Businessmen's Charitable Organization.

Coordinated School Health in the Coffee County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Leslie Brasfield, at 931-723-5150.



Crockett County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since 2007 in the Crockett County School System.

An infrastructure for CSH has been developed for the Crockett County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School Health Staff Coordinating Council
- School Nutrition Policy
- Wellness Policy
- Tobacco Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$312,191.74.

Community partnerships have been formed in the Crockett County School System to address school health issues. They include:

Crockett County UT Extension

Chamber of Commerce

Health Department

NAACP

Sheriff's Department

Food Bank

4-H

Northwest TN Headstart

Community Advisory Board

LeBonhuer Community Health and Wellbeing

Family Resource Center

Right Choices of West Tennessee

Juvenile Services

Dyersburg Pediatric Dentistry, Dr. Chuck Hughes

UT Alumni Association

Lifetime Family Eyecare

Lens crafters	TN Department of Health
Tennessee Technology Center at Ripley Alamo Campus	Alamo City Fire Department
TNCEP Coalition	Maury City Fire Department
CareAll	New First Baptist Church Maury City
West Tennessee Legal Services	Archer's Chapel United Methodist Church
WBBJ-TV Channel 7	Student's Against Destructive Decisions (SADD)
Crockett Times	Health Occupations Students of America (HOSA)
Crockett Rocket	Future Business Leaders of America (FBLA)
Telemon Migrant Headstart	Crockett Co. Pre-k Advisory Council
Women's Rape Assistance Program (WRAP)	Red Robbins
Carl Perkins Center	Maury City Church of Christ, Steven Sutton, Pastor
The Jason Foundation	Professional Touch Salon
TNDent	Tennessee Public Health Association (TPHA)
Crockett Co. Government	Rural Health Association of Tennessee (RHAT)
Crockett Co. Higher Education Center	Tennessee Association of Physical Ed., Health, Recreation and Dance (TAPHERD)
Bancorp South Bank	TN Highway Patrol
Northwest TN Economic Development	Tennessee School Health Coalition
Pathways Behavioral Health Services	Faith Health Clinic

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Healthy School Teams, School Health Advisory Council, Family Fun Day, Back to School Bash, Back to School Blast, school level family nights, Field Days, Tough Man 5k, elementary level physical education assembly's, Water/Physical Activity Day, and Poverty Simulation. To date, 2,779 parents have collaborated with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Teams, Back to School Blast, Back to School Bash, Think Pink Luncheon, health screenings, health fairs, Tough Man 5k, Family Fun Day, Amazing Ag Day, Go Girl Go, Middle School Level Student vs. Staff Kickball/Volleyball Games, Walk to Cure Diabetes, Beta Club Walk-A-Thon. Approximately 2,275 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Crockett County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care Providers – 3,029 screened and 1,116 referred, 2007-2008: 702 students screened and 135 student referrals / Total: 2,706 screenings, 2008-2009: 734 students screened and 210 student referrals / Total: 2,469 screenings, 2009-2010: 791 students screened and 267 student referrals / Total: 2,541 screening, 2010-2011: 802 students screened and 454 student referrals / Total: 2,848 screenings;

Students have been seen by a school nurse and returned to class this year. In 2007-2008, 1,080 student visits to the nurse, 710 students returned to class after seeing the nurse, 66% of students who saw the nurse returned to class, 2008-2009 900 student visits to the nurse 450 students returned to class 50% of students who saw the nurse, returned to class, 2009-2010 1,000 student visits to the nurse 850 students returned to class 85%, 2010-2011 1,260 student visits to the nurse 1,160 students returned to class 92% of students who saw the nurse, returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Crockett County School System. 2010-2011 BMI Data reveals students measured 2% underweight, 54% normal BMI, 20% overweight and 25% obese.

Many items have been purchased with CSH funds to enhance school health efforts. They include walking trail, staff fitness rooms/equipment at all 5 schools, CATCH curriculum, physical education equipment and health curriculum and health screening equipment and forms;

Professional development has been provided to school health staff. Examples include mental health 101, suicide prevention, TAPHERD, Take 10! training, Michigan Model health education curriculum, LeBonhuer School Linked Clinic Training, TN Public Health Association, obesity prevention and CSH overview;

School faculty and staff have received support for their own well-being through Scale Down Fitness Program, Walk Across Tennessee, Zumba classes, Go for 8 fitness program, spa days at school and staff exercise rooms/equipment in each building.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model health education curriculum, Fresh Fruits and Vegetables Grant, Food and Youth Initiative, Power U nutrition education, poverty simulation training, suicide prevention and Random Acts of Kindness;
- Physical Education/Physical Activity Interventions – Take 10! and Catch curriculum, elementary physical education assembly's, middle school Physical Activity Days, Walk Across TN, and Blue Cross/Blue Shield Walking Works for Schools;
- Nutrition Interventions – Registered Dietitian contracted, nutrition consultations, Fresh Fruits and Vegetables grant, universal breakfast program/breakfast in the classroom;
- Mental Health/Behavioral Health Interventions – mental health team formed, mental health 101, Pathways Behavioral Health Counselors, school psychiatrist hired, added a third school counselor (1/2 time) at the high school level, elementary school positive behavior program adapted.

Additional activities include school linked health clinic (LeBonhuer), all schools in compliance with the 90 Minutes of Physical Activity Law, secured \$119, 574.90 in grant/in-kind funding to expand capacity to address health issues this year (2010-2011), free eye exams and glasses for students, free dental exams and education for students, Michigan Model curriculum implemented in five schools, hand sanitizer dispensers installed in all classrooms, AED defibrators purchased for all five schools. A total of 28 school health interventions have been implemented.

Coordinated School Health in the Crockett County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kelsie D. Henning, at 731-696-2116.



Cumberland County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cumberland County School System.

An infrastructure for CSH has been developed for the Cumberland County School System that includes:

- School Health Advisory Committee
- Twelve Healthy School Teams
- School Health Policies reviewed and/or strengthened to include head lice, bullying, and harassment issues for students and staff.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals over \$100,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Cumberland County Wellness Complex
- Well Child, Inc.
- Cumberland Health Council
- Upper Cumberland Regional Health Council
- Upper Cumberland CSH and TTU
- Cumberland Medical Center
- U.T. Extension Office
- Cumberland County Youth Center
- Cumberland County TAD Center
- Cumberland County Department of Health
- Wal Mart
- Kroger
- Curves
- Tennessee Technological University
- Lion's Club
- American Cancer Society
- American Heart Association
- House of Hope
- Bread Of Life Homeless Shelter

- First United Methodist Church
- Cumberland Mountain Mental Health
- Palace Theatre

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as health council involvement, Festival of Movement events, BMI screenings, hearing and vision screenings, and supporting healthy habits at home. Currently, 12 parents are collaborating with CSH.

Students have been engaged in CSH activities such as taking pictures for publications, assisting with BMI screenings, and speaking out for cessation programs and efforts. Approximately 46 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cumberland County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers 3,047 screened and 136 referred;

Students have been seen by a school nurse and returned to class approximately 10,425 students went to the school nurse and less than 200 were sent home;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include rock climbing walls, Dance, Dance Revolution, WiiFit systems, walking trails, pedometers, physical activity equipment such as jump ropes, and other age and class appropriate PE/PE materials;

Professional development has been provided to guidance counselors, physical education teachers, nurses, principals and grade level teachers. Examples include: TTU summer workshops, local PE staff meetings, bullying prevention training, the development of a Safety Committee to address bullying and harassment issues, RHAT conferences, Brain Gym, Outdoor Education, and TAPHERD;

School faculty and staff have received support for their own well-being through Scan Specialist Health Screenings, flu vaccinations made available on location and the creation of two staff and student exercise rooms on school site.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – BMI and Fit Testing with notes to parents, mile run goal setting and reward incentives, school nurse assists individual student health needs, hygiene intervention, bullying prevention program;
- Physical Education/Physical Activity Interventions – advisory periods and special area session increased focus on PA/PE, adjusted PE schedules to increase middle school students PE time, before and after school programs increase of PA/PE time with students, minimum of 45 minutes of comprehensive education for elementary school students;
- Nutrition Interventions – before and after school programs included nutritional cooking classes to students and parents, schools offered cooking and nutritional classes from the cafeteria, posters and flyers are made available, distributed, and shared in high traffic areas such as the community board, cafeteria, nurse station, and hallways, increased collaboration with food supervisor , five schools received the Fresh Fruit and Veggies grant;
- Mental Health/Behavioral Health Interventions – continued referrals and support through local mental health agencies.

Coordinated School Health in the Cumberland County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Tammy Lane, at 931-484-6135 x250.



Davidson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Metropolitan Nashville School System:

An infrastructure for CSH has been developed for the Metropolitan Nashville School System that includes:

- A School Health Advisory Committee
- One hundred four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH schools to expand school health capacity for the LEA totals \$153,977.

Community partnerships have been formed to address school health issues. Current partners include:

- American Heart Association
- American Red Cross
- Metro Health Department
- TNCEP
- Metro Parks and Recreation
- TSU Cooperative Extension Program
- Community Health and Wellness Team
- Nashville Fire Dept.
- MHD CPPW
- Alignment Nashville
- Second Harvest Food Bank
- MHD Youth Advisory Board
- YMCA
- Community Food Advocates
- Vanderbilt Dietetic Interns
- EFNEP
- TSU School of Nursing
- Aquinas College School of Nursing
- TAHPERD

- Vanderbilt University Children's Hospital
- Belmont University School of Nursing
- Peabody College of Education

Parent and Student Involvement Developed

Although CSH did not initiate the project, a group of MNPS parents began investigating the value of flavored milk in the schools. A committee was formed and several discussion groups met with the MNPS COO, MNPS Food Service, principals, the Health and Wellness Coordinator, community members and CSH. The committee eventually became an Alignment Nashville School Nutrition Committee. The committee continues to study and make recommendations for MNPS food service. Currently, approximately 13 parents are participating as members of various Healthy School Teams;

Approximately 60 students have been engaged in CSH activities as members of several committees, school garden committees, walking and fitness trails and student advisory committees. Students also serve on the **youth initiatives (Youth Advisory Board, Youth Public Health Institute) which is a** collection of public health youth engagement programs that provides pipeline education, community-based service-learning, and grassroots advocacy through the utilization of public and private high school youth leaders to affect policies concerning adolescent health in Nashville. The Youth Advisory Board meets bi-weekly 9th -12th grade as a volunteer board. Student leaders design, plan, and evaluate public health research and service projects for area youth. The Youth Public Health Institute provides public health service learning opportunity for MNPS's Health Science Academy students at select schools. CSH plans to engage the Youth Advisory Board in the 2011-2012 academic year.

School Health Interventions

Since CSH has been active in the Metropolitan Nashville School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – BMI Screenings: 21,481; Parent Referrals: 2325. BP Screenings: 5862; Referrals to School Nurses: 345;

Students have been seen by a school nurse and returned to class – 25,213;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The preliminary BMI data indicates that the rate for overweight and obese in the 2010-2011 school year was 38%.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Automated BP cuffs, heart-rate monitors, physical activity items for checkout, such as Wii Fit, Pickleball, Speedminton, and health-related videos;

Professional development has been provided to school health staff. Examples include Office of CSH provided training at the MNPS physical education in-service and Fitnessgram software training. School faculty and staff have received support for their own well-being through the MNPS benefits website and MNPS employee clinics;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education – all high school wellness teachers received a class set of health textbooks in the 2010-2011 school year. The Health, Physical Education, Wellness Coordinator secured approval for a Family Life/Sexual Responsibility component to be taught in grades 7-12. Middle schools will use community agencies that have been pre-approved by MNPS. A health teacher will present the material when possible;
- Physical Education/Physical Activity Interventions – purchased physical activity equipment for check out by physical education teachers. All MNPS middle schools continue to implement the SPARK physical education curriculum. Two middle school physical education teachers have been trained as SPARK trainers.
All schools are in compliance with the 90 minute law since it became state policy.

MNPS middle schools partner with the Tennessee Titans in the Fuel Up to Play 60 program;
- Nutrition Interventions – Kids Eat Right, Fuel Up to Play 60. The MNPS RD supplied all schools with a notebook containing nutritional information. The RD has developed a “Nutrition Walk” for nutrition education. The RD supplied principals with nutrition messages to be read during school-wide announcements. Students are able to participate in the Awesome Choice Combo program, a special meal plan with healthy combinations of food. It also stresses the importance of personal responsibility in making healthy choices. AN has created a School Nutrition Committee which is focusing on more scratch foods, more fresh fruits and vegetables and healthier a la carte items;
- Mental Health/Behavioral Health – Denise Rollins was named MNPS Director of Social and Emotional Learning. All MNPS personnel will have access to mental health 101 in order to help identify students with emotional and mental issues. The Alignment Nashville Behavioral Health committee helped to develop LYNCS (Linking Youth in Nashville with Comprehensive Services).

MNPS CSH and Alignment Nashville have partnered in a CSH Expansion Project in order to assist Healthy School Teams in finding community partners with programs to meet the Healthy School Team’s goals. Six schools piloted the project this year with plans to expand to more schools next year. This project will make CSH more sustainable across the district.

Coordinated School Health in the Metropolitan Nashville School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Nicole Proffitt, at gina.proffitt@mnps.org.



Dayton City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of Coordinated School Health (CSH) activities and accomplishments since the formation of CSH in the Dayton City School System.

An infrastructure for CSH has been developed for the Dayton City School System that includes:

- Health Advisory Committee
- Healthy School Team.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$124,593.00

Fifty-three (53) community partnerships have been formed to address school health issues. Current partners include:

U.T. Extension Office	Dayton Pediatrics
TNCEP Program	Dayton Police Dept.
Rhea County Health Council	Dayton Fire Dept.
Rhea Medical Center	La-Z-Boy Manufacturing Company
Rhea County United Way	Lions Club of Dayton
State of Tennessee Community Health Services	Oasis Massage
Southeast Community Services	Physician's Care
Amedisys Home Health	Rhea County Health Dept.
AAA East Tennessee	Rhea County Sheriff's Dept.
Adult Literacy/Basic Education	Suburban Manufacturing Company
Boy Scouts/Girl Scouts	Rhea County Chiropractic

Rhea Emergency Medical Services	Tennessee Dept. of Health
T.C. Thompson Children's Hospital	TTU Business Media Center
Tim Sharpe Insurance	Tennessee Highway Patrol
Tennessee National Guard	Weight Watchers
Tennessee Valley Clinic of Chiropractic	Women's Care Center
Uptown Day Spa	Children Special Services
Woods Taekwondo	First Things First
YMCA	American Cancer Society
Department of Children's Services	American Heart Association
Rhea County Domestic Violence Council	Child Care Resource & Referral
Bryan College	DCS PTO
Lee University	Eyes on Main
Tennessee Wesleyan	Get Fit Tennessee
Chattanooga State Community College	Herald News
Dayton Career Center	Home Health Care of East Tennessee
TENNderCare	

Parent and Student Involvement Developed

Currently, twenty-one parents are collaborating with CSH and are involved in numerous CSH activities. These activities include Back to School Health Fair, CSH BMI Screenings, Pre-K Fun & Fit Day, School Health Index, Healthy Horizons, Looking Beyond High School , Stuff the Bus Back to School Event;

Students have been engaged in CSH activities. These activities include "Healthy Hands", Red Ribbon/Drug Awareness Week, Food Tasting Day, Jump Rope 4 Heart, and Fabulous Fit Fridays. Approximately, 20 students are partnering with CSH to address these following school health issues -- CSH sponsored "Healthy Hands" month at DCS. The Junior Leadership Health Council announced Health Tips each morning over the intercom, held a poster contest with winners from each grade and hung the posters throughout the school as a reminder to continue to wash their hands, JLHC members designed a drug free wall banner with individual feet from DCS students who pledged to be drug free, JLHC also organized Red Ribbon/Drug Awareness Week for DCS to include health announcements and special

dress up days. A Proclamation was signed by the Mayor of Dayton proclaiming “Red Ribbon Week” and the JLHC put on a skit about drug use. Posters and other educational materials on smoking, drugs, teen help lines, exercise, and healthy eating habits have been distributed and hung in the hallways throughout the school, the Junior Leadership Health Council is again active this year. There are currently 20 students active. These students represent their peers of different ages, genders, and races. Topics they wish to focus on this year are “Saying No” to tobacco, alcohol and drugs, healthy eating, abstinence, positive self-image, exercise, self-respect. JLHC assisted with Healthy Hands Month. During Healthy Breakfast Week, JLHC promoted healthy choices through nutrition. A Milk Moustache contest was held. Pictures of students eating breakfast in the school cafeteria was offered the opportunity to get a milk moustache. JLHC, along with the school counselor and CSH, sponsored Jump Rope for Heart on April 29, 2011. This program is by the American Heart Association. Classes moved through 6 different stations throughout the school day. \$3500.00 was raised by the students for the AHA.

School Health Interventions

Since CSH has been active in the Dayton City School System, the following health interventions have taken place:

School Health Screenings has increased from 334 student health screening in 2007-2008 to 376 student health screenings in 2010-2011. The number of referrals to healthcare providers has increased from 132 in 2007-2008 to 136 in 2010-2011;

The number of students who were seen by a school nurse and returned to class has increased from 561 in 2007-2008 to 3,804 in 2010-2011;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include P.E. equipment, 1/5 mile walking track, student and staff fitness room, BMI equipment, and a nutrition education cart.

Professional development has been provided to school health staff on topics such as asthma training, stress relief, diabetes training, CPR, and “You Never Know What Someone Else is Dealing With” campaign;

School faculty and staff have received support for their own well-being through Stop In and Stress Less, Walk Across Tennessee, TCAP Stress Relief Day, Weekly “Health Tip of the Day”, The Memorial Hospital Mobile Mammogram Unit, free seasonal flu shots, American Heart Association newsletters, and Step into Spring which was an incentive to get teachers and students up and moving and to recognizes how important physical activity is their health and bodies.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

Health Education Interventions – the Why Know abstinence education curriculum has been approved again for the 2010-2011 school year for grades 6, 7, & 8. Sixth grade received the curriculum in November and 7th & 8th grades in April, a Coordinated School Health website is located on our DCS school website. The website contains information about CSH as well as other health resource links and information, CSH sponsored “Healthy Hands” month at DCS the Junior Leadership Health Council announced Health Tips each morning over the intercom, held a poster contest with winners from each grade and hung the posters throughout the school as a reminder to continue to wash their hands, DCS School Counselor has had discussion on hygiene in 5th grade classrooms, the Tennessee Health Standards were distributed to School Administration, Pre-K Fun & Fit Day, Early Childhood Screening, was again held at DCS to assess the vision, hearing, speech, motor and general development of Pre-K students who live in Rhea County, CSH partnered with the “Teen Talk” Committee and TNCEP Program to bring “Girl Talk” training as well as sessions to Rhea County students, CSH worked with the “Teen Talk” committee and planned the 3rd Annual Looking Beyond High School conference for teen girls. LBHS is “An eye-Opening Initiative Showcasing Opportunities for Young Women”. This conference was developed due to the fact that Rhea County has the 3rd highest pregnancy rate in Tennessee. Topics included: a Health Career Panel, What’s the Rush, Boys, Can’t live with ‘em, can’t live without ‘em, Resumes & Interviews, What makes a Good Leader, Miss Tennessee and Continuing Your Education, CSH Coordinator is a member of the TNCEP Coalition and attends meetings quarterly, CSH provides teachers with a Monthly Theme Box with several curriculums on health, exercise and nutrition that can be checked out, Weekly “Health Tip of the Day” emails are sent to DCS staff, Jump Rope for Heart, American Heart Association, was held in the month of April, Nutrition and physical fitness bulletin boards are established and updated monthly using a different theme posters and other educational materials on smoking, drugs, teen help lines, exercise, and healthy eating habits have been distributed and hung in the hallways throughout the school, CSH Coordinator worked with a local Dietician and offered Nutrition Education to DCS students, teachers and parents on May 10, 2011 through a Healthy Horizon Grant, activities to promote resistance to alcohol and drugs were conducted through the Guidance Counselor and Coordinated School Health Program, during “Red Ribbon Week”. The Dayton City School Mayor signed a Proclamation proclaiming October 25 to 31, 2010 to be “Red Ribbon Week” in the City of Dayton, the Tennessee National Guard Counter Drug Task Force offered education and training on tobacco prevention through the Guidance classes from October to December 2010, health screenings were conducted during the month of September 2011 and students were given information on healthy choices for nutrition, Scott Noethen, the long distance hiker came May 23, 2011 and spoke to the 6th, 7th and 8th grade about Physical Fitness, Matt Davis, Former Mr. Tennessee, came in March 2011, and spoke to the 6th, 7th and 8th grade about Physical Fitness and Nutrition, Miss Tennessee came to Dayton City School and spoke to the students about self respect and the importance of education.;

Physical Education/Physical Activity Interventions – CSH funds pay for one half of the additional PE position, DCS meet the 90 minute PA Law. All teachers walked with their students 10 minutes daily, Take

10! is active in some classrooms, classroom teachers used walking videos when gym was canceled, weather doesn't permit for students to go out to recess or simply when teachers recognize that students need to get up and move. These videos are uploaded to our in house "Intranet" and all that is required of teachers is to go to this "website" and press play. These videos are designed to be used in a small area such as classrooms and shows children performing the steps in a small area, Jump Rope for Heart, a program sponsored by the American Heart Association, was planned for DCS on April 22, 2011;

Professional development training was provided to physical education teachers by CSH on the topics of asthma, stress relief and CSH goals and accomplishments. CSH trained 10 teachers in the Take 10! curriculum and materials were provided for all 10 teachers. Dayton City School Junior Leadership Health Council met weekly after school and participated in physical activities such as walking and running the walking track.

Nutrition Interventions – Healthy Horizons – CSH Coordinator partnered with a local Registered Dietician during the parent session during Healthy Horizons to educate them on the importance of reading food labels. Healthy Lunches were provided for all participants. Parents also received healthy recipes for the parents to try with their families as well as gift bags filled with health information. . Healthy Horizons Day Camp, taught the children and their parents about the importance of good nutrition and physical activity and the impact it can have on preventing obesity, overweight children and diabetes.

Healthy Breakfast Week -- JLHC sponsored Milk Moustache Day in the DCS Cafeteria. DCS students that participated in school breakfast had the opportunity to get a Milk Moustache. Healthy breakfast announcements will also be made all week over the school intercom.

Food Tasting Event -- the CSH, Nutrition Supervisor and JHLC went to a food tasting event, to help choose healthy foods for the cafeteria.

Mental Health/Behavioral Health Interventions – all staff were trained in mental health 101 at the beginning of the school year, the school counselor is teaching Character Education to grades PreK-8. Topics covered are trustworthiness, respect, responsibility, fairness, caring and citizenship, the school counselor works with grades 5-8 on Life Skills, the school counselor is also available for individual guidance for all students. If a student needs guidance he or she can refer him/herself, a teacher can refer the student or a parent can request service, Stop Bullying Program 3rd-6th grades, "Fill a Bucket" Initiative which is a way for staff members to support each other and give "pats on the back", a tobacco prevention education program is continuing this school year and a mental health policy was approved by the DCS School Board. The policy was developed by the CSH and the school counselor.

Coordinated School Health in the Dayton City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kim Travis, at 423-775-8414 x7125.



Decatur County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Decatur County School System in 2007.

An infrastructure for CSH has been developed for the Decatur County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved – medications policy and wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals more than \$27,000.

Community partnerships have been formed to address school health issues. Current partners

include:

- UT Extension
- Tennessee Health Management
- First Bank
- Decatur County General Hospital
- Decatur County Health Dept.
- LeBonheur
- National Guard
- Decatur County Health Council
- Family Resource
- Second Harvest
- Exchange Center Carl Perkins Child Abuse Center
- Quinco Mental Health Facility
- Decatur County Shepherd's Fund

Parent and Student Involvement Developed

Parents are involved in Coordinated School Health activities. These activities include Healthy School Teams, parent summits, community outreach efforts, and advisory committees.

Students also work with Coordinated School Health in the Decatur County School system to help us meet the needs of the community and schools. A high school team of 16-20 students has been utilized for the past 4 years to help with health screenings, mini health lessons, and community events (health fairs, walks, Winterfest).

School Health Interventions

Since CSH has been active in Decatur County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers -- Screened 2,480 Students K-9 with well over 1,000 referrals (Vision, Hearing, Scoliosis, and BMI combined);

Over 85% of our students that visit the school nurse are treated and returned to class for valuable instruction time;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Decatur County has seen a 1% drop in overweight/obesity rates from 2008-09 to 2010-11.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a walking track, comprehensive health curriculum, exercise equipment, and PE equipment;

Professional development has been provided to school health staff including counselors, physical education teachers, and nurses. Other professional development opportunities include TASN (Tennessee Association of School Nurses), TAHPERD (Tennessee Association for Health, Physical Education, Recreation, and Dance), Michigan Model training, Take 10! Training, CPR/AED training, suicide prevention training, bloodborne pathogens training, diabetes and asthma awareness training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – comprehensive health curriculum available to all grades and specific health topics taught by health educator;

- Physical Education/Physical Activity Interventions – additional PE equipment, Wii's, and schedule changes to accommodate time for physical activity;
- Nutrition Interventions – used a Registered Dietitian to monitor and evaluate menus, reduced fried foods, increased whole grains, fruits, and vegetables and added healthier choices at breakfast.

The Decatur County School System understands the relationship between good health and academics. We now exceed the state's requirement for school nurses. We employ two full time nurses to care for our students. The Decatur County School System also incorporates health education into the curriculum despite the lack of a state mandate.

Coordinated School Health in the Decatur County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Melinda Thompson, at 731-852-2391.



DeKalb County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the DeKalb County School System.

An infrastructure for CSH has been developed for the DeKalb County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$44,250

Community partnerships have been formed to address school health issues. Current partners include:

Lions Club	Local newspapers (2)
EMS	Local radio station
Community Advisory Board	Nutrition Supervisor
County Health Council	Well Child Inc.
Regional Lions Club	Federal Programs Supervisor
City of Smithville	TENNderCARE
Cover Kids	Haven of Hope- a local counseling agency
Dynamic Dietetics	Local Emergency Planning Committee
Tennessee Cumberland	Get Fit/Governor's Project Diabetes
UT Extension	Smithville Church of Christ

The Baptist Tabernacle	Dailey and Vincent Bluegrass band- Helping Hands Program for needy children in DeKalb
Food Lion	
Keltonberg United Methodist Church	21 st Century Program Director
TTU Student nurse program- We have had two student nurses since August of this year	Art Revolution
Mike Herman- Therapeutic Interventions	United Way
Wal-Mart	Dr. Kevin Malone
County Sheriff's department	Second Harvest of Middle TN
	DeKalb County Special Education Department

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as (parent involvement committees, events such as Education Celebration, Back Pack program and Art Revolution). Currently 25 parents are collaborating with CSH;

Students have been engaged in CSH activities that include Art Revolution, Education Celebration, 1 mile runs, and a Back Pack program. Approximately 150 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the DeKalb County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,510 students screened and 1,019 referrals;

Students who have been seen by a school nurse and returned to class – 9,724 students were seen by a school nurse with 1,466 of those sent home;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Forty-four percent of students in the DeKalb County School System are overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include PE equipment and Welch Allyn Sure Sight Vision screening equipment;

Professional development has been provided to physical education teachers, nurses, and the nutrition supervisor. Examples include two day physical education in-service at TTU, Registered Dietitian services for helping nurses with carb counting and improving school menus. School faculty and staff have received support for their own well-being through staff health screenings, an on-site nurse at every school, and flu shots.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues such as monitoring and encouragement for compliance with the 90 PA Law, offering better food choices via School Nutrition partnership, student health referrals and diabetes education.

- Health Education Interventions – vision and hearing referrals with lists of resources, BMI letters with ideas/suggestions for improving BMI as well as a list of resources;
- Physical Education/Physical Activity Interventions – improve the safety of playgrounds and repairing equipment, constant monitoring of PA law through teacher reports, and CSH walk throughs at each school periodically as a means to monitor PE teachers;
- Nutrition Interventions – contracted Registered Dietitian services for improving school menus, providing parent/student/community education classes and faculty/staff healthy newsletters, offer salads at every school at least 3 to 4 times per week;
- Mental Health/Behavioral Health Interventions – memorandum of understandings established with five local agencies and strong partnership with the Community Advisory Board.

Through a successful Back Pack program and strong partnerships with community agencies, CSH had been able to feed needy children healthy food during each school holiday or break.

Coordinated School Health in the DeKalb County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Dee Ann Reynolds, at 615-215-2118.



Dickson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Dickson County School System.

An infrastructure for CSH has been developed for the Dickson County School System that includes:

- School Health Advisory Committee
- Fourteen Healthy School Teams
- School Health Policies strengthened or approved include wellness, nutrition, PE/PA, school vending and student/family/community involvement.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$36,253.75.

Community partnerships have been formed to address school health issues. Current partners include:

Dickson and Charlotte Lions Club	TNCEP of Dickson
Dickson County Health Council	TENNder Care
Dickson Athletic Club	Dickson County Help Center
Dickson Medical Associates	Second Harvest Food Bank of Middle Tennessee
Dickson Pediatric Dentistry	Worley Furnace Baptist Church
Tennessee Technology Center	Charlotte Cumberland Presbyterian Church
Horizon Medical Center	First Baptist Church of Dickson
Local Emergency Management Coalition	Dickson County Woman's Club
First United Methodist Church	First Free Will Baptist Church of Dickson
United Way of Dickson	Dickson Good Morning Rotary

Tri-Star Bank

Mt. Lebanon United Methodist Church

Life Source

Charlotte Fagen's Methodist Church

St. John Lutheran Church

Dickson Community Faith Based Clinic

Cross-Point Church

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as PTA, student health screens, field days, health fairs and food drives supporting the "Food for Kids" backpack program. Currently, 82 parents are collaborating with CSH.

Students have been engaged in CSH activities such as nutrition and health service learning projects, "Kick Butts Day", and student health fairs. Approximately 371 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Dickson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2891 students in 2010-2011 school year with 151 students referred for vision, 389 for dental and 27 for further hearing tests;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA – 48% were overweight or at risk of becoming obese and 30% were classified as obese using the Centers for Disease and Control BMI Child Calculator.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include new playground equipment, physical education curriculum and supplies such as balls, tennis racquets, Wii systems, comprehensive health education curriculum, fitness equipment and materials for use in student health fairs;

Professional development has been provided to school health staff. Examples include Michigan Model for comprehensive health education for school counselors, Take 10! training for classroom and physical education teachers. Physical education teachers were also able to attend the annual Tennessee Association for Health, Physical Education, Recreation and Dance;

School faculty and staff have received support for their own well-being through discounted memberships to the local fitness center as well as on-site fitness rooms located in 5 schools.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Growing Up Program, dental exams, preventative services and sex education classes by Dickson County health department, annual student health screens, American Heart Association, American Cancer Association, 4-H, DARE, personal safety, Red Cross Blood Drive;
- Physical Education/Physical Activity Interventions – TAPHERD convention, Take 10! training, Jump Rope for Heart, and Walk Across America;
- Nutrition Interventions – Registered Dietician providing classes to students and staff, Power U, 4-H, “Food for Kids’ Back Pack program, service learning;
- Mental Health/Behavioral Health Interventions – Michigan Model training, bullying prevention.

Coordinated School Health in the Dickson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sherrie Grove, at 615-446-7571 x16600.



Dyer County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Dyer County School System.

An infrastructure for CSH has been developed for the Dyer County School System that includes:

- Dyer County Health Council membership
- A School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened through yearly student wellness screenings on K, 2, 4, 6, 8, and 10th grades, Healthy School Team Meetings at each school, Healthy School Team utilize School Health Index to form their action plans.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 119,500.00.

Community partnerships have been formed to address school health issues. Current partners include:

- North West Council on Children & Youth
- Dyer County Sheriff's Department
- Dyer County Interagency
- Dyer County Community Advisory Board
- Dyer County School System Advisory Board
- Dyer County UT Extension Agency
- Dyer County YMCA
- Dyersburg Parks and Recreation
- Dyer County Health Department
- Dyersburg Regional Medical Center
- West Tennessee Healthcare
- Trimble Lion's Club
- Tennessee Rural Health Association
- Department of Children's Services
- Dyersburg State Gazette

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Pioneering Healthier Communities Committee, Photo Voice Project, Food Fiesta Volunteers, and Healthy School Team Members. Approximately 30 parents have partnered with CSH

Students have been engaged in CSH activities such as Healthy School Team Members, volunteers at Healthy Kids Day, volunteers at annual health screenings, volunteers with sports physicals, Photo Voice participants, Walk Across Tennessee, VERB, and UT Extension TNCEP/FYI: Food Youth Initiative. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Dyer County School System, the following health interventions have taken place:

In 2009- 2010 school year 1626 students were screened in the annual health screening and 781 were referred due to BMI, hearing, vision or scoliosis;

10,848 students have been seen by a school nurse 9,851 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. According to 2009-2010 data 39% of the students were overweight and 23% were obese. This percent has decreased since the beginning of the program in 2007 when 51.6% of the students were overweight and 26.8% of the students were obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include PE/PA equipment for all 8 schools, bullying curriculum in addition to Michigan Model, ball chairs for one class at 6 of the schools, additional playground equipment for one of the schools, elliptical have been added to the staff fitness rooms at three of the schools, zumba has been purchased for one of the schools staff fitness rooms and for the middle schools PE class, educational DVD's for all five elementary schools, three otoscopes have been purchased for three of the nurses and 2011 drug guides have been added to each nurses station;

Professional development has been provided to school health staff. Mental health 101 in-service and diabetes training handouts have been provided for all teachers. Coordinator attended National School Nurse Conference;

School faculty and staff have received support for their own well-being through a free health screening provided by CSH, Walk Across Tennessee, Loose Win Challenge, and Tennessee department of Health "Get Fit Tip". CSH helps promote physical activity at each school for the staff members by adding to the staff exercise rooms each year.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum is in place in all eight schools. Counselors, nurses and CSH coordinator teach family life to all 5th, 6th, and 7th graders;
- Physical Education/Physical Activity Interventions – Verb, Walk Across Tennessee, Mile Run, and 90 minute physical activity goal. All 8 schools meet the 90 minute physical activity goal per week, through structured PE, walking, running, and weight training;
- Nutrition Interventions – fresh fruits and vegetables served everyday at every school, fryers moved out and replaced with combi ovens at 3 of the 8 schools. All schools have cut back on the days for frying food, providing healthier foods each day;
- Mental Health/Behavioral Health Interventions – Our mental health team is continuously working to improve and maintain the structure of the team.

CSH has been in place in the Dyer County School System since 2007 and statistics prove with our BMI rates that CSH is being very effective. BMI rates have dropped from 51.6% to 39% overweight and 26% to 23% percent obese over the past four years. CSH has worked hard to increase physical activity in each school. CSH will continue to strive to decrease the BMI percentages and to better the well being of each child in the Dyer County School System.

Coordinated School Health in the Dyer County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSI), please contact the CSH Coordinator, Jessica Rosen at jroser@dyercs.net.



Dyersburg City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments in the Dyersburg City School System since the 2007-2008 school year.

An infrastructure for CSH has been developed for the Dyersburg City School System that includes:

- Dyer County Health Council membership
- School Health Advisory Committee
- Healthy School Teams at all schools
- The School System Wellness Policy has been strengthened to include foods offered outside the cafeteria K-8 will not compete with school lunch/breakfast, Healthy School Teams established at each school, Healthy School Teams utilizes School Health Index to establish action plans
- Student wellness screenings yearly on K, 2, 4, 6, 8, & one grade in high school
- Since 2007-2008 the total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA is \$122,414.00.

Community partnerships have been formed to address school health issues. Current partners include:

- UT Extension Services
- YMCA
- Dyersburg Regional Medical Center
- Dyersburg/Dyer County Inter-Agency
- Dyer County Health Council
- Dyer County Health Department
- MidSouth Medical Center
- Dyersburg Parks and Recreation
- Lambuth LinX – School Wide Positive Behavioral
- Dyersburg Police Department
- Professional Care Services
- Dyersburg Fire Department
- Dyersburg State Community College
- McIver's Grant Public Library
- West Tennessee Public Health Family Planning Advisory Board

- Tennessee Department of Children's Services
- Dyer County District Attorney

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Healthy School Team member, Food Fiesta volunteers, Pioneering Health Communities Health Summits, Photo Voice.

Students have been engaged in CSH activities. These activities include Blue Cross Blue Shield Walking Works for Schools program, USDA Fresh Fruits and Vegetable Grant snack program UT Extension TNCEP/FYI: Food Youth Initiative and Power U, Tennessee Department of Health "Better Me" program & Child Health Week, Morning Miler's Club, Pioneering Healthy Communities "Photo Voice" program, YMCA Healthy Kids Day, HOSA – National Eating Disorder Week and Germ City. Approximately 15 students in the local high school HOSA group are partnering with CSH to address school health issues. Their activities include support of National Eating Disorder Week at Dyersburg High School and UT Extension "Germ City" classes at Dyersburg Primary School.

School Health Interventions

In 2009-2010 CSH has facilitated the following health interventions:

4,736 School Health Screenings and 573 Referrals to Health Care providers for 2009;

15,244 students have been seen by a school nurse and 14,843 returned to class; and

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. According to 2009-2010 data 42% of the Dyersburg City School System students were overweight or obese. 23% were obese.

Since CSH began in 2007-2008, many items have been purchased with CSH funds to enhance school health efforts. Items purchased include a walking track at Dyersburg Primary School, a walking track at Dyersburg Intermediate School, the completion of a walking/nature trail at Dyersburg Middle School, partial funding of archery classes at Dyersburg High School, full funding of the fresh fruits and vegetable snack program for all third grade students at Dyersburg Intermediate School, purchase of BMI scales and digital blood pressure machines for all schools, equipment to enhance PE classes, and educational materials such as the Michigan Model curriculum to enhance comprehensive health education classes.

Professional development has been provided to school health staff. Examples include: mental health 101 in service training for all teachers, TAPEHERD conferences for PE teachers, SMART Room training for teachers, and School Wide Positive Behavior System training for classroom teachers.

School faculty and staff have received support for their own well-being through free health screenings provided by Dyersburg Regional Medical Center and participation in state/local health promotion programs such as Walk Across Tennessee, Dining with Diabetes, Tennessee Department of Health “Get Fit TN”, and YMCA initiatives.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – The Michigan Model health/wellness curriculum in place in all schools;
- Physical Education/Physical Activity Interventions – Morning Milers Club, Blue Cross Blue Shield Walk Across Tennessee, VERB, compliance with the 90 minute Physical Activity Tennessee Law;
- Nutrition Interventions – USDA Fresh Fruit and Vegetable free snack program for all students at Dyersburg Primary School, CSH Fresh Fruit and Vegetable free snack program for all third grade students at Dyersburg Intermediate School;
- Mental Health/Behavioral Health Interventions – Director of Mental Health Services manages a School Intervention Team at each school to address individual student needs and maintains the Community Mental Health Team.

Through the Robert Wood Johnson Foundation Pioneering Healthy Communities Grant the Photo Voice project was completed with middle school students. Seventeen students were given disposable cameras and asked to take pictures of the “health” of Dyersburg/Dyer County. The photos along with the comments the students made were fashioned into framed posters. These posters are a traveling exhibit for the community to view.

Coordinated School Health in the Dyersburg City School System has made significant contributions to the well being of our students and staff, which in turn have addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Nancy Deere, at 731-286-3600.



Elizabethton City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH at the Elizabethton City School System in 2007.

An infrastructure for CSH has been developed for the Elizabethton City School System that includes:

- School Health Advisory Committee in conjunction with the Carter County Health Council and Carter County Schools.
- Five Healthy School Teams at each of the elementary schools, one middle school and the high school.
- Since 2007, the total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our school system was \$75,799.00.

Community partnerships have been formed to address school health issues. Current partners include:

Carter County Health Council and CCHC Youth Subcommittee	College of Public Health, East Tennessee State University
Northeast Regional Health Office	Department of Pediatrics, College of Medicine, East Tennessee State University
Mountain States Health Alliance	King College
Carter County Schools	University of Tennessee's Carter County Extension Office
REACH (Regional Education and Action Coalition for Health)	American Heart Association
Department of Allied Health, East Tennessee State University	Milligan College Nursing Program and Human Performance Program
Department of Nursing, East Tennessee State University	Tennessee Technology Licensed Practical Nursing Program

Elizabethton Star	Elizabethton High School's Future Farmers of America
Girls on the Run	
Carter County Tomorrow	Elizabethton High School's Culinary Arts Department
Elizabethton/Carter County Chamber of Commerce	Elizabethton Police Department
RHAT	Riverside Pediatrics
TAHPERD	Lions Club
Northeast Tennessee Commission on Children and Youth	Frontier Mental Health
TNSHC	Tennessee Department of Children's Services
Sycamore Shoals Hospital	Northeast Tennessee Commission on Children and Youth
Johnson City Medical Center	Sullivan County Regional Health Office
Northeast State	Carter County Leadership Tomorrow
TENNderCARE	Carter County Schools
Elizabethton High School's Health Occupation Students of America	American Heart Association
	HEAL Appalachia

Parent and Student Involvement Developed

Currently, fourteen parents are collaborating with CSH. There were fourteen parent members of the Healthy School Teams (HST) who continued to revisit their School Health Index modules with CSH as their facilitator. This spring the Healthy School Teams collaborated on Health Day at West Side Elementary School. The high school's parents from their HST are collaborating on their new Cardio Room plans. The middle school is planning on enhancing their Cardio Room with anatomy posters and other health related posters and materials. The Harold McCormick Elementary School's Healthy School Team collaborated on the HEAL Appalachia grant and the placement of the new garden.

Students have been engaged in CSH activities such as Child Health Week 2010, International Walk to School Day, healthy school team meetings and Health Day at West Side Elementary School. Approximately forty students are partnering with CSH to address school health issues. Daily Health Tips were read by the students at four schools each morning of Child Health Week as part of the morning announcements. There is a Youth Committee of the Carter County Health Council which consists of students for Elizabethton High School and the numerous high schools of the Carter County Schools.

These students continue to make presentations at middle school health fairs around the county, and at the Elizabethton Boys and Girls Club.

School Health Interventions

Since 2007, CSH has been active at the Elizabethton City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers -- 4803 students were screened and 548 students were referred;

During the 2010-2011 school year, 8267 students have been seen by a school nurse and returned to class for further hours of instruction rather than sent home for the day;

BMI data has been collected annually that shows the severity of the childhood obesity epidemic in the Elizabethton City School System. Preliminary data suggests that 38% of students are overweight or obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model comprehensive health education materials, Olweus bullying class meeting & interventions DVD set x4, Olweus Peaceful School Bus Program, body fat Analyzer, obesity model, Super Size Me DVD, high blood pressure Flip chart, lower blood pressure power point kit, folding display high BP carrying case, healthy snacks for one of Harold McCormick Elementary School's fifth grade homerooms, Wii consoles, Wii Fit Plus and Wii "Just Dance 2", Speed Stacks, Sport Packs, lamination film, Nutrition Action Healthletter, Teen Food and Fitness, Nutrition Nuggets, cookbooks for prizes, Michigan Model for 6th grade, middle schools and high schools, BP monitors, scales, stadiometer, computer and laptops, misc. physical education equipment for all schools, exercise equipment for students and staff, GlitterBug Hand washing Show DLX Kit with lotion, powder and carry bag, flu shot mega roll value stickers (1000), "I was brave" stickers for flu shots, heat seal laminator, four conference door prize gift baskets, T-shirts with CSH logo, refill calendar, physical education equipment, lunch for Health Department -H1N1 vaccinations, Dr. Pat Cooper presentation fee, lunch for East Side School with Dr. Cooper, food pyramid, Ellison Die Set (4-Die Set), misc. physical education equipment for T.A.D. Middle School, general office supplies, 50 dozen number 2 pencils, lamination film, SECA floor scales, Wal-Mart gift cards for 6th grade, antibullying program awards, 3 complete sets of physical education2theMax, scissors, fat models, muscle models, Speed Stacks Sport Pack 30 pack, Nutrition Action health letter, exercise equipment for students and staff, two Wii Consoles with Wii Fit Plus, Teen Food and Fitness, Nutrition Nuggets, materials for elementary school counselors, lunches for elementary school counselor in-service, No Standing Around, and black locking file cabinet.

Professional development has been provided to counselors, physical education teachers, and nurses. Dr. Pat Cooper came to our school system to speak at the comprehensive general in-service at the beginning of the 2009-2010 school year, so every teacher, all school system administrators, and the

school board were present for this CSH orientation, as well as the city mayor, council members and the Tennessee State Speaker of the House of Representatives, Kent Williams. Later in the afternoon, Dr. Cooper spoke specifically to the teachers and administrators at East Side Elementary School for about 3 hours with very healthy lunch provide by CSH. TAPERD memberships and Share the Wealth conferences were attended by our physical education teachers. Our nurses attended the TASN conference and numerous school employees, parents and students attended the TNSHC conference. Michigan Model comprehensive health education training was provided for counselors, physical education teachers and afterschool personnel. Principals and administrators attended the CSH institutes in the past.

School faculty and staff have received support for their own well-being through the use of a Cardio Room at T. A. Dugger Junior High School (one centrally located school within the city system). It is fully-equipped with commercial grade cardio fitness equipment and some strength training equipment for use by the students and the entire ECS staff. CSH is beginning a Cardio Room at the high school per their SHI. This will be used by students and staff. Elizabethton Body Challenge prizes and certificates were awarded at the general in service in August. Elizabethton Body Challenge continued in 2011 for the third time to ever increasing participation with better weight loss and health enhancing behaviors observed. Distributed information to all staff concerning free flu and pneumonia vaccinations through ECS employee insurance. Discussed at length and encouraged all staff to partake of ParTNers For Health TN.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Elizabethton City Schools System’s Coordinated School Health website was revamped this fall and is updated as needed. This website contains information for teachers/staff, parents, and students about CSH, as well as other health resource information and links. It may be accessed at: <http://coordinatedschoolhealthin10ec.wikispaces.com>. Links to the Michigan Model are on this site. Cyber safety lessons were provided to elementary school students using materials from the Michigan Model in their computer classes for the first time this fall. MM Posters are displayed in the computer labs. Nutrition education posters from the Michigan Model were posted in elementary school cafeterias to increase awareness of good nutrition and to promote healthy eating habits. The Michigan Model for comprehensive health education has been encouraged in all of our elementary schools through several in service opportunities for our school counselors and our physical education teachers. Additional social and emotional health education is provided by the school counselors including programs like “Character Counts”. Puberty supplies have been ordered at no charge by CSH for the spring “Always Changing and Growing Up” programs for the fifth grades system-wide. School counselors were still promoting “Red Ribbon Week” Activities to foster resistance to alcohol and drugs at each elementary school. Counselors/school funds are used for this. CSH received a \$2000 grant from HEAL Appalachia to construct a garden and provide nutrition education and tasting parties for the fifth graders at Harold McCormick Elementary School;

- Physical Education/Physical Activity Interventions – all three elementary schools are meeting the 90 minutes of physical activity per week law; the middle school hired an additional physical education instructor to build into their schedule 90 minutes and 135 minutes of physical activity in alternating weeks for every student in the school. CSH provided funds for several physical education teachers to attend the one day Greeneville training on October 8th during Child Health Week. Two physical education teachers attended the Share the Wealth Conference in January, 2011. One physical education teacher has been going into classrooms and teaching lessons from the Michigan Model while their school is under construction this fall. Wiis were purchased for five schools. CSH is beginning a Cardio Room at the high school per their SHI. CSH is expanding on the learning opportunities of the Cardio Room at the middle school with anatomy posters and other health related information.

- Nutrition Interventions – nutrition and wellness newsletters (“Nutrition Nuggets” and “Teen Food & Fitness”) were sent home with every student (approx. 2000) every month this fall. These newsletters provide information on leading a healthy lifestyle for families including ideas for enhancing healthy eating and increasing physical activity. Newsletters were sent out daily during Child Health Week, 2010. This is great for parent involvement. Nutrition education posters from the Michigan Model were posted in elementary school cafeterias to increase awareness of good nutrition and to promote healthy eating habits. CSH continued eating school lunches twice per week as required by our Director of Schools. Collaborated with ETSU, Food City and Washington County’s CSH to apply for the General Mills grant in December, 2010 but did not receive it. CSH received a \$2000 grant from HEAL Appalachia to construct a garden and provide nutrition education and tasting parties for the fifth graders at Harold McCormick Elementary School.

Due to information gathered from the Data and Compliance reports an LPN was funded at Elizabethton High School for the first time this year through a combination of stimulus funds/general funds. ECS now has a nurse at each school except the Early Learning Center. Chronic health issues of students at each school have driven the creation of these positions.

The Governor’s CoverKids Insurance Flyers and TENNderCARE information were distributed system wide at the beginning of the school year in all student packets. CSH makes this effort annually, so that now the school secretaries expect the materials earlier and earlier. Information concerning bedbugs was created and distributed by the system wide nurse.

CSH worked with hearing and vision teachers and the Tennessee Technology School’s LPN program to provide Health Screenings for the 2010-2011. This fall, CSH provided each of these teachers with a copy of the School Health Screening Guidelines both in electronic forms and hard copies.

Olweus Bullying Prevention Program in services were attended this fall by CSH and the CSH intern. CSH has partnered with the ECS Olweus trainer to purchase some peripheral items to enhance the program such as information for the bullying on the school buses. Roll out will be in the fall of 2011. Olweus Program is in the planning stages of implementation with a big roll out in the fall. Their rules are already posted throughout the schools and some classes have already had class meeting.

CSH attended and funded the attendance of ECS school counselors at a one day Bullying Prevention event hosted by the Northeast Tennessee Commission on Children and Youth in Johnson City in October.

The Mayor of Elizabethton, Curt Alexander signed a proclamation for "Child Health Week," and he also attended physical education class at T. A. Dugger Junior High School that week, and he took a tour of the "Cardio Room" for students and staff.

CSH publicized the fall RAM event for the Carter County Health Department by posting signs, placing it on the CSH website and sending flyers home with students.

The CSH coordinator presented before U.S. Representative Phil Roe, the city council and other city officials, all of the school board, newspapers, all teachers, all supervisors and the superintendent at the system wide general in service in August, 2010.

CSH Attended monthly REACH (Regional Education and Action Coalition for Health) Meetings.

ECS had the first annual Walk to School Day at East Side Elementary School and West Side Elementary School had Health Day.

In 2010, the OSHA training was placed on line through the ECS website for the first time due to the combined efforts of the technology department, the system wide nurse and CSH. This has been something CSH has requested since 2007.

The Elizabethton City School System funded a new SRO officer at T. A. Dugger Junior High Schools with the same combination of funds which provided the new nurse at Elizabethton High School.

Information concerning bedbugs was created and distributed by the system wide nurse. Bedbug sniffing dogs are now in use at all Elizabethton City School System's facilities. Carpet and asbestos tiles have been removed this year from our several of our schools.

Coordinated School Health in the Elizabethton City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Regina Wilder, at 423-547-8000 x8222.



Etowah City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Etowah City School System.

An infrastructure for CSH has been developed for the Etowah City School System that includes:

- School Health Advisory Committee
- One Healthy School Teams
- School Health Policies strengthened or approved include mental health and the physical education/physical activity (PE/PA) policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$26,900

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|-------------------------|
| ➤ Tennessee Valley Water Safety Service | ➤ Johns Manville |
| ➤ Woods Memorial Hospital | ➤ Sonic Restaurant |
| ➤ Etowah Recreation Association | ➤ Daily Post Athenian |
| ➤ McMinn Health Department | ➤ TENNderCare Outreach |
| ➤ UT Extension Office | ➤ Smiley Chiropractic |
| ➤ McMinn Health Council | ➤ YMCA |
| ➤ 21 st CCLC Program | ➤ TWC |
| | ➤ Etowah City Beta Club |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Field Day, Game Day, Family Engagement Night, School Health Advisory Committee. Currently, 34 parents are collaborating with CSH;

Students have been engaged in CSH activities that include Field Day, Family Fun Night, Fitness Club, Project Alert, Game Day, Health Week Activities. Approximately 92 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Etowah City School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care – screened 352 students and 30 were referred;

Students have been seen by a school nurse and returned to class – 1929;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI Data 2010-11-Underweight – 3%, Normal - 62%, Overweight/Obese – 35%.

There was improvement revealed when comparing 2009 to 2011 Overweight or Obese 2009 – 40% to 2011 – 35%) A 5% reduction in this category has been observed since 2009.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: fitness rooms for students and staff, Michigan Model and Take 10! health/physical activity programs, Project Alert Drug Awareness, playground equipment, bullying and self-esteem programs/materials, Wii games for student after-school fitness program, physical fitness games, treadmill and exercise bikes for teachers and students;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CPR training, drug awareness training (Project Alert), mental health awareness, and Take10! training;

School faculty and staff have received support for their own well-being through a staff fitness room, Health Fair, staff health screenings, YMCA membership incentives, and the Logging Physical Activity Time contest,

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include increased health education minutes throughout school setting, supplemental health instruction provided to increase physical

education/physical activity within the school setting through a part-time certified health instructor, made available Michigan Model comprehensive health program, provided in-service training for staff related to health education need, implemented Project Alert Program, implementation of drug program to prevent substance abuse usage for junior-high age students, provided health fair for the school and community, and provided health screenings for students including Body Mass Index;

- Physical Education/Physical Activity Interventions include an After-School Fitness Program for students in grades 3-6, provided physical activity games for students during afternoon bus duty time, incorporated a Game Day and Field Day for Students including inflatable obstacle course activity, provided in-service for teachers related to Take10! physical activity within the classroom setting, provided local exercise science major to help with outdoor games during recess time to promote increase in physical movement activities, staff physical activity Incentive competition each semester which involved logging physical activity time and receiving rewards related to physical activity provided grade-appropriate playground equipment to increase movement activity during outside play, implemented “Classes Swim” program for students through partnering with local YMCA, teacher fitness area provided to increase physical activity and staff wellness, incorporating a Race to Top Fitness Area to promote indoor activity and stress correlation with academics (also used as a physical activity room/recess area for students during winter months and inclement weather);
- Nutrition Interventions include Michigan Model instruction, Healthy Snacks and food guidelines observed, part-time health instructor nutrition lessons for k-6, in-service for staff related to nutrition activities and nutrition data;
- Mental Health/Behavioral Health Interventions include counselor weekly group activities, Project Alert drug and positive behavior awareness and a mental health policy.

Student involvement in physical activity is seen as the most significant change at Etowah City School due to the CSH program implementation. Students are now involved in several regular school day activities promoted by CSH as well as after-school time activities. The programs implemented since the initial phase of implementing CSH within the school include activities such as “Classes Swim” at the YMCA, Family Night, After-School Fun and Fitness Program, Project Alert Resist Substance Abuse Program, “Hustle to the Bus” Activity Time (organized physical activity/games during bus duty time), Game Day for All Time, Part-time instructor for health education (Michigan Model) inclusion, Grade Level Playground Equipment Added to the School Facility, Teacher Fitness Area, and a “Race to the Top Fitness Room” with stations for students to benefit physically and academically.

Coordinated School Health in the Etowah City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to

student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Rex Phelps, at 423-263-5483.



Fayette County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in 2007-2008 for the Fayette County School System.

An infrastructure for CSH has been developed for Fayette County School System that includes:

- | | |
|--|---|
| ➤ School Health Advisory Committee | ➤ SADD |
| ➤ School Health Council | ➤ UT Ag. Extension Agency |
| ➤ County Health Council | ➤ Tennessee Disability Coalition/ West TN Region |
| ➤ Ten Healthy School Teams | ➤ Tennder Care EPSDT Program |
| ➤ WIA/ISY Youth After School Group | ➤ Fayette Cares |
| ➤ United Healthcare | ➤ Fayette County Health Department |
| ➤ Well Child, Inc. | ➤ School Health Policies strengthened include the mental health policy and the wellness policy |
| ➤ West TN Area Health Education Center | ➤ Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$63,700.00 |
| ➤ Children and Family Service, Inc. | |
| ➤ Alliance For A Healthier Generation | |

Community partnerships have been formed to address school health issues. Current partners Include:

Well Child, Inc.	UT Ext. Agency
Children and Family Services, Inc	Fayette County Health Council
Area Health Education Center	Fayette County Health Department
Tennder Care	United Healthcare
Dynamic Dietetics	Value Options, Putting People First
Memphis Grizzlies	LeBonheur Community Outreach

Methodist Healthcare

Family Consumer Science

Fayette Cares

Tennessee Department of Health

Alliance for a Healthier Generation

Tennessee Disability Coalition West TN Region

ISY/WIA In School Youth Program

Parent and Student Involvement Developed

Over 100 to 150 parents are involved in numerous CSH activities such as the PTO, faith based organizations, School Health Week, Breast Cancer Awareness Month, Fitness Walks, Healthy Breakfast Day, Volunteer Health Screening Process and assistance on Healthy School Teams.

Students have been engaged in CSH activities. These activities include, Child Health Week, My Heart is In Your Hand, Tobacco Trunk Program, Healthy Living Day ISY/WIA Afterschool, Youth Drug Free Awareness Programs, Dr Healthy Hound promoting healthy eating and physical activity, Ollie Otter Booster and Seat Belt Awareness Program, Making Healthy Decisions Program with middle schools, Healthy Living Week, obesity brochures for K-5th graders, PTO meetings with parents and students, National Breakfast Week, prevention/safety education, Walking Works for Schools, newsletters on healthy eating, fire safety, health education programs for middle school students provided by West TN AHEC and SADD Sponsor, health screenings, Get Fit With The Memphis Grizzlies, diabetes program, bullying prevention, My Heart Is In Your Hand, internet safety, hand washing program, and anger management . Approximately 6,500 students are partnering with CSH on health related issues.

School Health Interventions

School Health Screenings and Referrals to Health Care providers – 2007-08 1264 students screened/329 referred, 2008 – 09 1277 students screened /400 referred, 2009 – 10 1244 students screened/461referred, 2010 – 11 1198 students screened /487 referred, 2,416 students referred since inception, 4983 students screened;

Seventy-four percent of students returned to class from school nurses – 16,907 students who saw nurse/ 12,577 returned to class, optional dental screening 1298 students;

BMI trend from inception of CHS shows decrease in obesity from 31% to 27%, over weight from 50% to 45%, normal weight increased from 48% to 52% following a 1% difference in total number of underweight students.

The CSH initiative has purchased many items to enhance school health efforts. Example of items purchased include Michigan Model curriculum, Take 10! curriculum, salad bar equipment and materials, computers, printers, nurses growth charts, weight scales at each school, equipment for physical

education classes, exercise balls, stopwatches, two Dance, Dance Revolutions, CSH banners district wide, equipment for Tobacco Trunks, playground equipment, table tennis equipment, Wii Fit exercise program for elementary schools, substitute teacher, phone services, printer ink, paper, and office shredder.

Professional development has been provided to school staff. Examples include TAHPERD Conference, Shelby County Schools professional development for PE teachers, Michigan Model professional development for counselors/PE teachers, school faculty and support, CPR training available to staff, free flu shots, health screening for teachers, breast cancer awareness, Biggest Loser Contest For Teachers, staff wellness newsletters, afterschool walking programs, salad bars/ middle schools and high school.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Inventions – Guest Speakers, Health Career Exploration, Self Exploration, College Preparation for Careers In Health, Funding Health Careers, Summer Internship Opportunities, Health Education/Wellness Classes, PE/Health Ed Elementary Schools, Tobacco Trunk Program/ Smoke Free Education, TN Health Education Standards, Michigan Model Curriculum, Teen Pregnancy Summit, Girl Talk Sessions, Healthy Relationships, Health Standards
- Physical Education/ Physical Activity – includes Blue Cross Blue Shield Walking Works Program, Physical Education Taught District Wide, Fuel Up To Play 60, Mile Walk/Run, Get Fit with Dr Healthy Hound, Get Fit With the Memphis Grizzlies, Field Day, Sporting Events, Fitness with Wii Fit, Dance Dance Revolution Activity, Jump Rope For Heart Activity, Walking with Superintendent Day, Fitness Challenges, Relay Activities, Volleyball Tournaments, Softball, Basketball, Elementary Track Program, and Guest Speakers On Physical Activity;
- Nutrition Inventions – Healthy Living Week, Child Health Week, Salad Bars/Middle and High School, Dietitian for District, Healthy Living Day, Healthy Food Demonstrations, Yogurt Served in Cafeteria, Oatmeal Served, Taste Testing, What's Healthy and What's Not, Baking Foods in Cafeteria, Water Served, 1% Milk Served In Cafeteria, Dr Healthy Hound/ Nutritional Education, Nutrition Education Provided To Faith Based Organizations, and Nutritional Strategies with Community Partners;
- Mental Health/Behavioral Health – memorandum of understanding (MOU) for mental health and a strengthened mental health policy.

Coordinated School Health in the Fayette County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Helen Malone, at 901-465-9838.



Fayetteville City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Fayetteville City School System.

An infrastructure for CSH has been developed for the Fayetteville City School System that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$6,050.

Community partnerships have been formed to address school health issues. Current partners include:

- Lincoln County School System
- County Health Council
- Lion's Club
- National Guard
- TN Vein
- HELP (Helping Everyone Learn Prevention - Lincoln County Anti Drug Coalition)
- City Police
- Lincoln County Sheriff Dept
- Lincoln County Juvenile Court
- Fayetteville Fire
- Family Resource Center
- Diane Coggin RD
- UT Extension
- Centerstone
- Jr's House
- Lincoln County Health Dept
- Fayetteville Public Utilities
- Haven of Hope
- Wings of Love

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Here's to Your Health health fair, Back to School Health Fair, Family Symposium, Fayetteville City CSH Newsletter, Leadership Lincoln, Prescription Drug Take-Back, Bookworm Bunch 5k, Imagination Library 5k, Fall Blast, and Tiger Tracks. Currently, 14 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Peer Educators, Fall Blast, Tiger Tracks, and a Back to School Health Fair. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Fayetteville City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers -- BMI – 879 screened, 357 referred, Blood Pressure – 879 screened, 5 referred, Hearing – 307 screened, 3 referred, Vision – 307 screened, 49 referred, Scoliosis – 108 screened, 7 referred;

Students have been seen by a school nurse and returned to class -- 8234 seen, 7633 sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Fitness room for students and staff, Take 10!, PE 2 The Max, safety mats for gymnasium, Wii Fit club equipment, laptop and projectors for PE, health carts for guidance (laptop and projectors for health lessons), Spark PE Program, FAST after school PE equipment

Professional development has been provided to school health staff. Activities include school nurse alliance, Rural Health Association of Tennessee, PE 2 The Max, TAHPERD, and the School Counselor Association.

School faculty and staff have received support for their own well-being through Biggest Loser, Tiger Fit Club, Walk Across TN, Walking Works for Schools, Fayetteville City Fitness Room, TN Vein Center, and Heritage Medical.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include – Food “Fear Factor”, Team CITY Peer Educators, healthy relationships, The Choking Game, importance of physical activity, Safe Dates and Biggest Loser;
- Physical Education/Physical Activity Interventions include – PE 2 The Max, SPARK, Take 10!, Power U, Wii Fit Club, Team CITY peer educators, and Biggest Loser;
- Nutrition Interventions include – Food “Fear Factor”, Team CITY peer educators, Food Show trip, and food surveys;
- Mental Health/Behavioral Health Interventions include – Safe Dates, The Choking Game, and healthy relationships

Coordinated School Health in the Fayetteville City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Melissa Good, at 931-433-3158.



Fentress County/ Alvin C. York Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Fentress County School System/Alvin C. York Special School.

An infrastructure for CSH has been developed for the Fentress County School System/Alvin C. York Special School that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include tobacco use, discrimination/harassment/bullying/intimidation, head lice policy, drug free schools, student guidance program, physical examinations and immunizations, communicable diseases, student psychological services, student social services, accidents and illnesses, student wellness, emergency allergy response plan, no peanut policy – rescinded, mental health procedures and guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$169,692.00

Community partnerships have been formed to address school health issues. Current partners

include:

Upper Cumberland Coordinated School Health Coordinators
Tennessee School Health Coalition
RHAT
Tennessee Tech University
Tennessee Technology Center of Oneida (provided student nurses for screenings at high schools and student nurses complete a 5 week rotation in schools)
Partnership with Fentress County Drug Coalition
UT Extension (TNCEP and 4-H)

Partnership with Jamestown Regional Medical Center
Quality Home Health Care (provided nurses for health screenings at elementary schools)
Second Harvest Food Bank
Upper Cumberland Regional Health Office
Fentress County Health Department
TENnder Care
Youth Villages
Department of Children's Services
Fentress County Boys and Girls Club
Volunteer Behavioral Services

Plateau Pregnancy
Children's Center of the Upper Cumberland's
Clarkrange High School FCCLA

York Institute HOSA
Avalon Center

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy School Teams, Fresh Fruits and Vegetables, school health screenings Stakeholders' Advisory Board, and Engage – Parent Involvement program. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Mile Run, health fairs at the high schools, Red Ribbon Week, and the 5k/1mile fun run Buffalo Stampede. Approximately 191 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Fentress County School System/Alvin C York Special School, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – Fentress County School System 2010-2011 school year BMI 1086 students' screened and 575 students referred, Blood Pressure 1088 students' screened and 25 students referred, Vision 1094 students' screened and 93 students referred, Hearing 1345 students' screened and 32 students referred, Scoliosis 206 students' screened and 27 students referred;

Alvin C York Institute 2010-2011 school year – BMI 156 students' screened and 80 students referred, Blood Pressure 155 students' screened and 23 students referred, Vision 162 students' screened and 16 students referred, Hearing 163 students' screened and 1 student referred. Total numbers of screenings for 2010-2011 were 5455. Total numbers of referrals for 2010-2011 were 872;

Students have been seen by a school nurse and returned to class – Fentress County Schools 2010-2011 school year, students seen by the school nurse 21,153, students sent back to class by school nurse 19,164;

Alvin C York Institute 2010-2011 school year – students seen by the school nurse 5,849, students sent back to class by school nurse 5,614;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Preliminary Data for 2010-2011 for the Fentress County School System showed 2% of students are Underweight, 48% of students are Normal Weight, 18% of students are Overweight, and 32% of students are Obese;

Alvin C York Institute -- 2% of students are Underweight, 49% of students are Normal Weight, 18% of students are Overweight, and 31% of students are Obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include AES- Climbing Wall, Soccer Goals, Health Education Curriculum, Nutrition Education, PHES – Walking Trail, Playground safety, Health Education Curriculum, Nutrition Education, SFES – Playground safety, Take 10 Curriculum, Health Education Curriculum, Nutrition Education, YES – Fitness Stations on walking trail, Climbing Wall, Health Education Curriculum, Nutrition Education, CHS- Walking trail, Outdoor Volleyball court, Outdoor Basketball Court, Portable Soccer Goals, Health Education Curriculum, Nutrition Education, YAI - Outdoor fitness course;

Professional development has been provided to counselors, physical education teachers, and nurses. Counselors – Michigan Model, Take 10! , mental health, physical education teachers – Physical Education Workshop at Tennessee Tech (3 years), Nurses – Tennessee Association of School Nurses (4 years), East TN Children’s Hospital- School Nurse Conference, Asthma Awareness, Blood Borne Pathogens, Diabetes Update 2010 by Children’s Hospital at Vanderbilt, South Eastern Regional Character Education Conference, School Nurse Alliance, Food Service – Ken-Ten, CSH Institute, Bus Drivers – Safety Workshop, Coordinated School Health - Ken-Ten, CSH Institute, Regional Spring Conference, TAHPERD, RHAT, PANTS, South Eastern Regional Character Education Conference, School Nurse Alliance.

School faculty and staff have received support for their own well-being through Health Screenings and wellness programs.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – purchase of Michigan Model curriculum for each school;
- Physical Education/Physical Activity Interventions – providing physical activity equipment for classroom teachers, Take 10! training offered, updating playgrounds;
- Nutrition Interventions – contract with a Registered Dietician, Fresh Fruits and Vegetable grant at South Fentress Elementary, Stars Healthier Food Choice Program in all cafeterias, strengthened partnership with TNCEP;
- Mental Health/Behavioral Health Interventions – mental health policy and procedures, new MOU’s established, and training for all faculty on mental health.

Coordinated School Health in Fentress County School System/Alvin C. York Special School has made significant contributions to the well-being of our students and staff which in turn has addressed

numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Debbie Howard, at 931-879-9218.



Franklin County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Franklin County School System in 2007-2008.

An infrastructure for CSH has been developed for the Franklin County School System that includes:

- School Health Advisory Committee
- Ten Healthy School Teams
- School Health Policies strengthened or approved – Student Wellness, Acquired Immune Deficiency, and Child Abuse and Neglect
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,666,659

Community partnerships have been formed to address school health issues. Current partners include:

Campora Family Resource Center	National Institute of Drug Abuse
UT Extension Office	The University of the SouthShull Chiropractic Clinic
Franklin County Health Council	Franklin County High School Health Occupations Club
Franklin County Health Department	Franklin County Lions Club
Franklin County Prevention Coalition	Franklin County
Franklin County Sheriff's Department	Kiwanis Club
Winchester Police Department	Franklin County Department of Human-Children's Services
Southern Middle Tennessee Medical Center	Substance Abuse and Mental Health Service Administration
American Heart Association	
Centerstone	

Tennessee National Guard Counterdrug Task Force	Family Counseling Center
Huntland High School's P-Cubed Club	Blue Cross Blue Shield – Walking Works for Schools
Franklin County High School's P-Cubed Club	Junior's House
Franklin County High School's Leo Club	Jason Foundation
Motlow State Community College Student Nurses Association	STEP (Striving Toward Excellence and Performance)
United Way of Franklin County	Tennessee Office of Juvenile Justice
South Central Human Resource Agency	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as the School Health Advisory Committee, School Health Staff Coordinating Council, Healthy School Teams, 5k Runs, Remote Area Medical (RAM) Clinic, Angel Tree, and the Backpack program. Currently, 654 parents have collaborated with CSH.

Students have been engaged in CSH activities such as student health screenings, Remote Area Medical (RAM) Clinic, and "Community Health Awareness Night". Approximately 288 students have partnered with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Franklin County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – approximately 2200 students screened annually with an average of 180 students referred for vision, 64 students referred for hearing, 41 students referred for blood pressure, and 968 students referred for BMI for a total of 1253 students referred to a health care provider for at least one health related barrier to learning annually;

Students seen by a school nurse and returned to class – 26,064 student visits to the school nurse and 22,125 of those students returning to class for instruction during the 2010-2011 school year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA with 41% of students measured being overweight or obese for the 2010-2011 school year. However, that percentage has decreased from 43% in 2007-2008.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: four walking/fitness trails have been installed, three Dance Dance Revolution Sets have been purchased and utilized, playgrounds have been improved, equipment for physical education, equipment and curriculum for physical activity in the classroom, equipment for student health screenings, and comprehensive health education curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Tennessee Association for Health Physical Education Recreation and Dance Conference; Pediatric Diabetes Conference; Rural Health Association of Tennessee Conference, and Leadership Franklin County.

School faculty and staff have received support for their own well-being through active participation in physical activity with their students, wellness programs offered at many of the schools for staff, and an increase in the number of school sponsored 5K Runs.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model for comprehensive school health curriculum and training (K-8), *My Pyramid* and *Portion Distortion* banners in all cafeterias, nutrition education bulletin boards in all schools, monthly wellness newsletters (K-12), and health education library available to all teachers;
- Physical Education/Physical Activity Interventions – seven elementary schools participate in the Blue Cross Blue Shield “Walking Works for Schools” program with all seven earning “Extra Mile School” status each year they have participated, four walking/fitness trails have been installed at four of our elementary schools, improvements have been made to school playgrounds, three Dance Dance Revolution kits have been purchased for the elementary schools, Take 10! physical activity in the classroom training and curriculum has been implemented, physical activity DVDs have been provided to teachers for use in the classroom, playground balls and jump ropes have been provided, pedometers have been provided for use in the WWFS program and/or to use with the walking/pedometer activities books that were provided to each school, Stability/Fit balls have been provided to two schools for use both in the classroom and PE, and physical education/activity library available to all teachers;
- Nutrition Interventions – *My Pyramid* and *Portion Distortion* banners in all cafeterias, nutrition education bulletin boards in all schools, Fresh Fruits and Vegetables grants, Second Harvest Food Bank Backpack program, Fuel Up to Play 60, team nutrition schools participation, and nutrition education library available to all teachers
- Mental Health/Behavioral Health Interventions – hiring of a social worker, establishment of a mental health team, partnership with Centerstone in a teen

pregnancy prevention program, P-3 Clubs (Positive Peer Pressure) and mental and social health library available to all teachers.

Franklin County has increased the number of school nurses serving the general population students from three (3) in 2007-2008 to (10) in 2010-2011 and we plan to add one more in 2011-2012 which will allow for a full time nurse serving the general population students in all eleven schools in the district!

Franklin County hired a Social Worker in 2010-2011 to assist students with their psychological and social needs.

Franklin County was the 2010-2011 school district winner in the Fuel Up to Play 60 “Titans of Taste” event by having the highest overall milk consumption per student for the contest period.

Franklin County received a HOPSports exercise system valued at \$10,000.

Through training and inclusion of the Michigan Model for comprehensive school health curriculum in grades K-8, we have improved the percentile score on Module 2 “Health Education” of the School Health Index from 43.5% in 2007/08 to 84.5% in 2010/11.

Coordinated School Health in the Franklin County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Bonita Nolan, at 931-967-7825 x109.



Franklin Special School District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Franklin Special School District.

An infrastructure for CSH has been developed for the Franklin Special School District that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include wellness; outside food policy and no unhealthy fundraisers
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 267,909. Since its inception, CSH has received grant and in-kind funding in the amount of \$479,759.00.

Community partnerships have been formed to address school health issues. Current partners include:

Williamson County Parks and Recreation	Curves
Williamson Medical Center	Weight Watchers
Family Resource Center	Health Council
TnCep	Health Department
Red Cross	Graceworks
Pro Health	Eating Disorders of TN Coalition
United Way	Franklin Police Department
Publix	Pediatric Dental Care Clinic
D1 Sports	Yong In Martial Arts Academy
WAKM Radio	Franklin Family YMCA

Fowler Orthodontics	American Arthritis Foundation
Williamson Medical Center	Half MoonYoga
Franklin Taekwondo	Yoga Country
American Heart Association	Chadwick's Fitness
Mercy Children's Clinic	ChickFILA
Chirocare Wellness	Smoothie King
Mason Chiropractic	Publix
ASEA Water Company	United Way
American Cancer Society	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy School Teams, Safety Teams, Walk Across Williamson, assist nurses with some health screenings, i.e. Mile Run, and health and wellness fairs. Currently, 1974 parents are collaborating with CSH

Approximately 2494 students have been engaged in CSH activities such as: Walk Across Williamson, county wide walking event, STARS, Students Taking a Right Stand, student councils, providing healthy food drives, Walking Club at MAC summer and after school, Walking Clubs at 6 schools, "We Can" curriculum and cooking classes, Student Council programs on anti drug, bully prevention and school wide positive behavior support, Festival of Movement, health fair presentations and activities, Climb to the Peak, and the backpack program. Many of these students are in several groups.

School Health Interventions

Since CSH has been active in the Franklin Special School District the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,995 screened and 22 referred;

28,468 students have been seen by a school nurse and 26,138 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. (62% in 2009-10 healthy weight to an improved 65% healthy weight 2010-11);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: mini grants that supported physical education and health curriculum expenses, exercise and physical education equipment, upgrades to their DDR, pedometers, DVDs for health educator, health oriented newsletter for elementary and middle school students, supplies for health education class, supplies for health demonstrations, e.g. hand washing for elementary students, glo germ and mini black lights, WiiSports updates, sports equipment for summer MAC's Healthy Living component;

Professional development has been provided to counselors, physical education teachers, and nurses. There have been several professional development opportunities provided by staff members of FSSD for staff this year. Among them are a district wide CPR certification class for the district Leadership Team, mini classes on asthma, diabetes, effects of high blood pressure, 'the silent killer' upon the heart, and all nurses have taken the NIMS emergency response course for schools. Additional presentations for teachers on bullying and positive behavior support are ongoing and will be continued in the summer 2011.

School faculty and staff have received support for their own well-being. FSSD continues to partner with our area Parks and Recreation Center which offers free admission to all their health facilities to employees. They have provided 50 one-day passes we have used as incentives for parents and families who participate in various healthy lifestyle activities in the district. The Health Department and the local hospital provide talks of interest to staff members based upon their request, determined by a district wide survey. This year we have sponsored 5 talks on such subjects as stress, high blood pressure, etc. One school continues with their own version of the Biggest Loser contest for staff to lose weight in a healthy manner. Currently they have 27 staff members who have lost over 210 pounds to date. Two other schools are working with the local Health Department and their Scale Down program to achieve similar goals. Nurses provide free information about diet and exercise in collaboration with our P.E. teachers and offer free blood pressure screenings. Staff members from all schools participated in the local Walk Across Williamson to encourage students and families to get fun exercise as a family. All schools have walking trails for community use which staff members are encouraged to use

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training for all counselors, health education and physical education teachers, Health Fair, and CPR courses for students and staff;

- Physical Education/Physical Activity Interventions – all students in all schools meet or exceed the minutes required for physical education and physical activity every week. Every school has a Walking Club. Two schools send students to the Music City Marathon and Moore Miles Walking/running activity for which they begin training 3 months prior to the event. When requested and money is available, specific physical education equipment needs of individual children have been purchased;
- Nutrition Interventions – no outside food, no unhealthy fundraisers, Climb to the Peak event promoting 5 fresh fruits and vegetables each day, notations in school cafeteria of 'healthiest choice' for lunch, a backpack program for students who need meals over the weekend, surveys to parents/staff and students about requests for healthy choices in the cafeteria;
- Mental Health/Behavioral Health Interventions – district team has MOUs with local mental health providers for post intervention assistance in a crisis situation and for a psychologist to work 3 days a week in our middle and intermediate schools, mental health 101 training was provided in every school by mental health team leader; Positive Behavior Support in local middle schools, bullying (Olweus) training for all counselors, and STARS program in intermediate and middle school.

Coordinated School Health in the Franklin Special School District has made significant contributions to the well-being of our students and staff which, in turn have addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Lisa Chatman, at 615-599-6645.



Gibson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Gibson County Special School District.

An infrastructure for CSH has been developed for the Gibson County Special School District that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- Student Led Organization
- Nine Healthy School Teams
- Mini Grant Awards
- Food Backpack Program
- ACES Challenge Course
- School health policies strengthened or approved include the wellness policy, healthy school environment, bullying policy, mental health policy, health services policy, and Student/Family/Community Involvement Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$476,928.00.

Community partnerships have been formed to address school health issues. Current partners include:

Air Evac
Alliance for a Healthier Generation
American Cancer Society
American Heart Association
American Lung Association
Dale's Recycling
Dyer Rescue Squad and First Responders
Dyer City Police
Dyer Fire Department
Dyersburg State Community College
GC Culinary Arts Class
GCSSD 21st Century Learning Center

Get Fit TN
Gibson County Advisory Council
Gibson County Citizens of Action
Gibson County Community Resource Center
Gibson County Chamber of Commerce
Gibson County Department of Health
Gibson County Health Council
Gibson County Imagination Library
Gibson County Inter Agency
Gibson County Sheriff's Department
Gibson County Emergency Management
Gibson General Hospital

Gibson YMCA
Herald Gazette
Jackson Sun
LeBonheur Community Outreach
Milan Mirror
Northwest Council on Children and Youth
Right Choices of West Tennessee
Russom Motor and Wrecker Service
State Farm

Trenton Housing Authority
TN National Guard Counter Drug Task Force
Tri City Reporter
UT Extension/TNCEP
Union University
West Tennessee HealthCare
West Tennessee Delta Consortium
WLJT Channel 11
Wolfe Counseling Center

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include School Health Advisory Committee, Healthy School Teams, school health screenings, Parent Nights, community events, mock DUI crash, 5K and 10K runs. Currently, 341 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Teams, student led organizations, county wide Mock Crash Drama Team, county wide Teen Action Group, media events, community events, health fairs, mock DUI crash. Approximately 828 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Gibson County Special School District the following health interventions have taken place:

Since 2001, approximately 46,660 School Health Screenings and 12,536 Referrals to Health Care providers have been made;

Students seen by a school nurse and returned to class at a rate of 84.4%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In the 2011, the obesity rate is 24%, which is a 3% reduction. The number of students at a healthy weight increased by 2% to 55% in the district. The percent of students at a healthy weight shows variance with a slight increase, while the obese percentage shows a slight decrease. Body Mass Index is a very difficult health indicator to change. It is best used as an indicator for program planning;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls, salad bars, comprehensive health education curriculum, physical activity/education curriculum, bullying prevention/intervention curriculum, staff wellness rooms, ropes course, fitness stations for walking trail, and a CSH resource library;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Laughter Yoga training, suicide intervention/prevention, Sure Sight training student health screening training, Open Airways curriculum and training, lead poisoning education awareness, staph infection education/Information, standards for Healthful Living Health and Wellness curriculum, Michigan Model comprehensive health education, asthma control training, Second Step curriculum, TN Physical Activity Handbook professional development, tobacco cessation, staff health fair and wellness information, free staff health screenings, Olweus Bullying Prevention curriculum and training, staff in-service & CSH orientation, professional development for physical education Teachers/ TAPHERD Conference, obesity epidemic education, diabetes education/management, self injury/self harm, youth risk behaviors, AED training/certification, CPR certification training, community First Aid, Healthy School Team professional development, School Health Index professional development, child abuse prevention/detection, internet safety, school wellness policy, H1N1 Education, Don't Duck with Mental Health, mental health 101, and human sexuality in special education;

CSH has sponsored school staff attendance at the following conferences: TN School Health Coalition's Fit for the Future Conference, annual school counselors conference, annual TN school nurses conference, TN Association of Physical Education Recreation and Dance, National American School health Association Conference, National School Based Health Clinic Conference, grant writing training, Olweus Bullying Prevention Conference, Safe Dates Conference-Office of Safe and Drug Free Schools, healthy schools conference through the Alliance for a Healthier Generation, and meeting the needs of special education students in human sexuality education;

School faculty and staff have received support for their own well-being through staff wellness rooms, stress management programs, YMCA discounts, free health screenings, health fairs, and flu vaccines.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include -- health teacher, comprehensive health education curriculum, health screenings, dental health screenings, Registered Dietician service and flu vaccines;
- Physical Education/Physical Activity interventions include Take 10! curriculum, physical education equipment, Wii Fit, physical activity tapes, Dance Dance Revolution, Ropes Course activity, Walking Works for Schools, and the 90 minute physical activity law;
- Nutrition Interventions include salad bars, nutrition newsletter monthly, pre-school parent meeting, Power U program, Better Me program, More Matters, and "Fruits and Veggies"

- Mental Health/Behavioral Health Interventions include mental health 101, MOUs with community mental health agencies, Don't Duck with Mental Health, and Second Step curriculum.

Gibson County Special School District is one of three districts, nationally, that has been selected by an expert panel at CDC as an outstanding Coordinated School Health Program to be used as a model. This was the only CSH program in Tennessee to be selected.

The Gibson County Special School District's Coordinated School health Program was featured by Nashville Public Television (NPT) in the fourth documentary of the NPT reports: Children's Health Crisis Series. NPT featured Coordinated School health because NPT recognizes that CSH reflects a broad effort to change a culture of health for a diverse population with all the complexities of need that includes. The documentary described the elements of health that Coordinated School Health addresses and what it means to change a culture of health through education.

The CSH Coordinator co-authored an article about the CSH program model for the Educational Leadership Journal. The issue was published in the Dec 09/Jan 10 issue.

CSH coordinated with WLJT TV 11 to record the Gibson County High School's Mock DUI Crash that has aired as a documentary since April 2010. This documentary is airing on Channel 11, Public Broadcasting Station.

Coordinated School Health in the Gibson County Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kellie Carroll, at 731-692-3303 x1.



Giles County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Giles County School System in 2007.

An infrastructure for CSH has been developed for the Giles County School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include student wellness policy and student psychological services policy
- Approximately \$500,000 has been secured by CSH staff through grant funding and in-kind services/materials to expand school health capacity for the Giles County School System.

Community Partnerships have been formed to address school health issues. Current partners include:

Giles County Health Council	American Heart Association
UT Extension	Suicide Prevention Network
Giles County Health Department	DCS-Community Advisory Team
Hillside Hospital	Martin Methodist College
Pulaski Citizen	Tennessee Technology Center
Centerstone Mental Health	Exchange Club
Giles EMS	Columbia State Community College
Fraternal Order of Police	Boys and Girls Club
Giles County Sheriffs' Department	School of Nursing

Leaps and Bounds Program	Richland HOSA
Frito Lay	Giles County HOSA
First National Bank	Richland FCCLA
First Farmers and Merchants Bank	Giles County FCCLA
Bank of Frankewing	Richland Leo
Air Evac	Giles County Leo
WKSR	City of Pulaski
Giles Development Center	Johnson's Food Town
Giles County Highway Department	Davis and Eslick
Pulaski Electric System	Southern Signs and Graphics
Giles County Lions Club	Russell Signs
Walgreens	Richland Inn
CVS Pharmacy	Giles Co. Financial Management Department
Rapid Care	Pulaski Physical Therapy
Physicians and Surgeons	Dr. Bonnie Taylor
Minor Hill Community	Tennessee Highway Patrol
Metro Medical	Dr. Brandon Kassinger
Dixie Medical	Dr. Tessa Reeves
Holley's Printing	United Methodist Church
CandC Printing	Focus Women's Health Clinic
Fred's Store	TENNderCare
Giles County Peer Education Team	Southside PTO
Richland Peer Education Team	Victory Gym
Wal-Mart	Pulaski Recreation Center
Tumble Town	St. Thomas Chest Pain Network

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Parents and grandparents serve on the Giles County Schools Health Advisory Council. In addition, parent volunteers at our school serve during health fairs, Fuel up to Play 60 events, walk-a-thons, Back to School events, Giles County Parent Involvement Fair, chaperoning, health-related field trips, student celebrations, family nights, field days, Fun Runs, School Health Screenings. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities. Giles County and Richland High Schools each have Peer Education Teams. Students have served on Healthy School Teams, act as peer tutors, serve as exercise leaders during physical activities, assist with the annual Heart Walk, Lilies and Lace Mother/Daughter event and by highlighting a different health observance every month. Approximately 150 students are partnering with CSH to address school health issues.

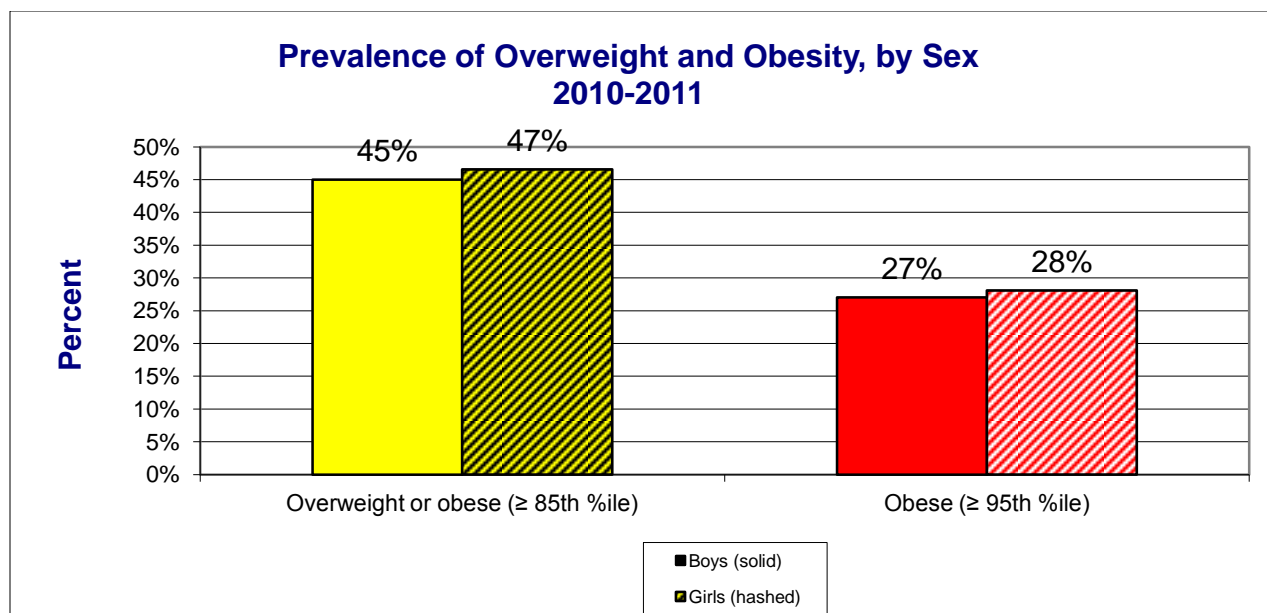
School Health Interventions

Since CSH has been active in the Giles County School System, the following health interventions have taken place:

In 2010-2011, 35,658 students visited the school nurse, with 31,976 of those students returned to class after seeing the school nurse;

Student school health screenings for BMI, blood pressure, vision and hearing were provided free of charge to 1663 students. As a result of these screenings, 805 students were referred to health care providers for additional assessment.

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Giles County School System.



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include playground equipment, construction materials for walking trail, climbing walls, basketball goals, physical education equipment such as balls, jump ropes, hand weights, parachute volleyball, Wii portables for 4 schools, gymnasium mats, equipments for staff/student fitness rooms, Take 10! materials, health-related books for school libraries, Healthy Plate material for all 8 schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education teachers have attended the TAPHERD annual Conference, Michigan Model training and Take 10! training, CSH overview for new staff and annual CSH update for current staff, CPR trainings, QPR and suicide prevention training, four nurses attended the annual TASN conference, diabetes update trainings, asthma 1-2-3. School faculty and staff have received support for their own well-being through free employee health screenings, flu and hepatitis B vaccinations, and employee wellness rooms (established in 3 schools).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – health related books for school libraries, Character Counts, Power You, Take 10!, Michigan Model, national health observances recognized each month with activities, hand washing education, H1N1 education efforts, and Healthy Plate;
- Physical Education/Physical Activity Interventions – all physical education classes are taught by a certified physical education instructor that meets all K-12 physical education curriculum state standards and guidelines. CSH has provided mini-grants for updated

playground equipment. Some classroom teachers incorporate Take 10! curriculum into their daily curriculum. CSH has purchased basketball goals, exercise/physical education equipment, climbing walls, Wii's and physical activity initiatives. Healthy school teams lead schools lead schools in physical activity reward days. American Jump Rope For Heart is provided to all students in 8 schools. All eight schools participate in field/fun days. Our Project Diabetes grant provided adult and child fitness rooms and walking track;

- Nutrition Interventions – Giles County has a Registered Dietician on staff that follows the USDA guidelines to address student food allergies, special diets and new requirements. UT Extension provides food labs and portable food carts for learning. Go Slow, TNCEP nutrition education, Fresh Fruits and Veggie Grants, Summer Meal Program and Healthy Plate are all educational promotions that are instituted into the school system;
- Mental Health/Behavioral Health Interventions – mental health 101 training for high school students, suicide prevention training for faculty, Dating Violence Awareness Events, Lilies and Lace Mother/Daughter event, suicide prevention month are all special events or trainings that students and staff attend. Coordination of mental health services was enhanced as a result of implementing the state Schools and Mental Health Systems Integration grant.

The Giles County School System received \$67,000 through a Project Diabetes Grant and \$24,000 from in-kind funds and services. Through this grant, Minor Hill School has been able to receive an adult and child fitness facility and an outdoor walking track for staff, students and the community.

The Giles County School System is currently partnering with the Office of School Climate and will receive \$35,000 to integrate programs and initiatives in regards to safety and environment.

Coordinated School Health in the Giles County School System has made significant contributions to the well-being of students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Denise Sanders, at 931-363-4558.



Grainger County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Grainger County School System.

An infrastructure for CSH has been developed for the Grainger County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved including:
- Mental Health Policy, Wellness Policy (in progress), and a CSH Policy (in progress)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$173,356.47.

Community partnerships have been formed to address school health issues. Current partners include:

East Tennessee Epilepsy Foundation
East Tennessee Children's Hospital
SafeKids
Heart Screens for Teens
Colgate
Western Heights Dental
Dr. Terri Stiles, Exceptional Care Chiropractic
Lion's Club
Grainger County EMS
TN National Guard
Mercy Health Partners
Cherokee Health Systems
Grainger County Sheriff's Department
Carson-Newman College of Nursing
Lincoln Memorial University's College of Nursing

Lincoln Memorial University's Doctor of Osteopathic Medicine program
United Healthcare
Knoxville Comprehensive Breast Center
Douglas-Cherokee Economic Authority (DCEA)
TN Road Builder's Association
TN Tech- Morristown
American Heart Association
Regional Health Office
Clinch-Powell Educational Cooperative
TNCEP
UT Extension
TENnderCare
Florence-Critton Agency
Grainger County Health Department
Second Harvest Food Bank
Grainger County Health Council
Grainger County Schools Even Start Program

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include School Health Advisory Council, Healthy School Teams, Child Health Week activities, school health fairs/health days, asthma awareness day, anti-tobacco program. Currently, 15 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Student School Health Advisory Council, Healthy School Teams, Second Harvest Back Pack program, Peer Health Education groups, Child Health Week activities, school health fairs/health days, anti-tobacco program, Youth Leadership Grainger health activities, and SADD pre-prom alcohol/drug prevention assemblies. Approximately 733 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Grainger County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2007-2008: 1,518 students screened with 234 referrals & 2010-2011: 1,645 students screened with 137 students referred. 4-year totals: 6,447 students screened with 952 referred to health care providers;

Students have been seen by a school nurse and returned to class – 2007-2008: 8,164 students seen with 5,853 returned to class & 2010-2011: 22,432 students screened with 20,113 returned to class. 4-year totals: 62,955 students seen with 53,670 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Our most recent preliminary data shows: 50% of screened students are overweight or obese with 31% of screened students are obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Wii's, Dance Dance Revolution games (including projectors and dance mats), Michigan Model comprehensive health curriculum sets, Take 10! activity sets, physical education equipment, and Spark physical education curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10! Training, Multiple Michigan Model comprehensive health curriculum training, summer wellness institute, mental health 101 training, ETCH School Nurse Conference, ETSU School Nurse training, and KOC Summer Seminar;

School faculty and staff have received support for their own well-being through fitness classes, walking clubs, Weight Watchers group, multiple Biggest Loser competitions, on-site health screenings, healthy

eating/healthy lifestyle resources, health services available at school base clinic, mental health services, on-site influenza and Hepatitis B immunizations, CPR/AED/First-Aid training, and discounted rates at a fitness club.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model comprehensive health education classes for students, multiple peer health education classes, anti-tobacco education, dental education via multiple community partners, CAPS, STARS, On My Own, Stay on Track, DARE, Diabetes and Asthma education, Power U, Multiple health education classes via Lincoln Memorial University's D-COM students and Carson-Newman College nursing students, health education classes per Grainger County Health Department health educator, Ollie the Otter Seatbelt Safety program, Nutrition Nuggets monthly family newsletters, Relay for Life health kits, American Red Cross fire safety, poison prevention/safety program, and healthy links at webpage;
- Physical Education/Physical Activity Interventions – all schools in compliance with 90-minute law, Take 10! trainings and kits, Wii's, Dance, Dance Revolution with mats, multiple schools provide additional physical education/PA to schedules, Fuel Up & Play 60!, Jump Rope for Heart, multiple child health week walks, updated elementary playgrounds, collaborated with Douglas-Cherokee to increase physical activity in after-school program, Modern Woodmen activity kits, and "Kids Fitness" DVD's;
- Nutrition Interventions – fresh salads available daily at all schools for students and staff, Nutrition Nuggets monthly family newsletters, Registered Dietician serves as program advisor, multiple healthy eating displays, Nutrition presentation at summer school, MyPyramid and other nutrition resources available, "Test Your Fast Food Knowledge" videos, "Nutrition at Home" pamphlets to parents, MyPyramid/healthy eating parent flyers, healthy snack options to parents, multiple healthy eating links on webpage, and nutrition education per TNCEP and peer groups;
- Mental Health/Behavioral Health Interventions – mental health policy approved per Board of Education, mental health team established and continues to meet comprised of DCS, juvenile justice, community health providers, and school personnel, expanded counseling services to include part-time LCSW./psychologist at each school, mental health 101 staff training, mental health resource magnets to staff, children's mental health flyer distributed, collaborated with Douglas-Cherokee with youth empowerment grant, mental health services on-site for staff, CAPS, bullying prevention and sexting preventing videos purchased.

The school system partnered with Cherokee Health Systems to open a school base clinic in November 2010 to serve as an urgent care clinic to students, faculty, and staff members (with immediate family members, also).

Coordinated School Health in the Grainger County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kristy Waller, at 865-497-2556.



Greene County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Greene County School System.

An infrastructure for CSH has been developed for the Greene County School System that includes:

- School Health Advisory Committee
- Staff Coordinating Council for School Health
- Sixteen Healthy School Teams
- School Health Policies strengthened or approved (safety, health education, physical education, nutrition, health services, mental health, family and community)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$283,279.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Tusculum College
- ETSU
- Walters State
- Laughlin Hospital
- Takoma Hospital
- Takoma Rehab
- Americhoice/UHC
- John Deere
- Chrysalis Weight Management and Spa
- Fit Club of Greeneville
- APS

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include healthy school teams, walking trails-fundraising and labor, playground equipment- fundraising and labor, school health screenings, food drives, Komen Breast Cancer events and educational presentations, parent nights/fun nights

cooking classes, cleanup for tornado victims, blood drives, First Priority Clubs, Wonderful Wednesday Club, Signature Project). Currently, 974 parents are collaborating with CSH.

Students have been engaged in CSH activities such as healthy school teams, Komen Grant project at each high school ,Race for The Cure ,recycling programs, booster club activities, First priority Club , Wonderful Wed club, Dare, Operation Christmas Child- First Priority Club of Students, Storm Dance initiated by students for money to go to the victims of the tornadoes, other fundraisers for storm victims, offered healthy snacks and gifts for the Boys and Girls Club, Food Drives. Morning Exercise leadership, Tennessee Tomorrow and service learning Red Ribbon Week, elementary schools breast cancer awareness projects, Eating Disorder Coalition YES teams, Wellness Walks, Jump Rope 4 Heart TENNCARE health. Approximately 3069 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Greene County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers results are as follows: two thousand two hundred sixty nine students were screened this year. BMI referrals totaled 1028 and BP referrals totaled 75;

4574 students have been seen by a school nurse and 4307 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. This year's preliminary BMI data compared to BMI data evaluated by ETSU from two years ago (indicating same group of students tested) shows a 2% improvement;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: curriculum for physical education and health education, Fitness Gram/Activity Gram, physical education equipment, physical education staff development, professional development for nurses, cafeteria staff, physical education teachers and counselors, and playground equipment;

Professional development has been provided to school health staff and we have used funds to send staff to a nutrition services conference, nursing conferences, counselor conferences, Healthy Minds Strong Bodies conference, TAHPERD, SDAAPHERD, Share The Wealth, SPARK Institutes, TNSHC and the SAVE Act Conference;

School faculty and staff have received support for their own well-being through insurance partnerships for health screenings, local hospital partnerships for health screenings, discounts to fitness clubs or weight management programs and the addition of a fitness room at one school.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model for health materials purchased and taught through counseling and physical education;
- Physical Education/Physical Activity Interventions – Compliance with the 90 minute PA law and Gotrybe participation;
- Nutrition Interventions – Go slow Whoa with ETSU dieticians help and nutrition classes through agricultural extension services;
- Mental Health/Behavioral Health Interventions – MOUs with local providing agencies and an updated list of services available in the area.

Additional highlights include cooking classes started for parents.

Coordinated School Health in the Greene County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Valerie Waters, at 423-470-0909.



Greeneville City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Greeneville City School System.

An infrastructure for CSH has been developed for the Greeneville City School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams at all of our district's schools
- School Health Policies strengthened or approved include food allergy guidelines for staff, over the counter stock medication program, medication policy for the Greeneville City School System, drug screening program guidelines for students participating in extracurricular activities, infection control guidelines for schools, emergency management plan for the Greeneville City School System, and a bloodborne pathogen exposure control plan
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 307,300.

Community partnerships have been formed to address school health issues. Current partners include:

TNCEP	Greeneville/Greene County Emergency Management Agency
University of Tennessee Extension Service	Town of Greeneville Tennessee
Rural Resources	Frontier Mental Health
George Clem Multicultural Association	Laughlin Memorial Hospital
Greene County Health Council	Takoma Regional Hospital
Greene County Health Department	NETCO (Nutrition buying coalition for group of upper East TN school systems)
Greeneville Police Department	Greene County Juvenile Judge (Tobacco Court)
Greeneville Fire Department	

CASA

Takoma Medical Group

East Tennessee State University

IndustriCare Occupational Medicine Clinic

Lion's Club

Tusculum Family Practice Physicians

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as participating as a member of one of our Healthy School Teams, planning fund raising activities, assisting in health screenings, improving play grounds, encouraging promotion of healthy eating and activity among students. Currently, 54 parents are collaborating with CSH.

Students have been engaged in CSH activities such as educational activities, projects to raise health awareness, fund raising activities, community outreach, promotion of health awareness among their peers, donor drives, clubs, etc. Approximately 1295 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Greeneville City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers -- During the 2010 -2011 school year students in grades K, 2, 4, 6, 8, and 9 were screened for vision, hearing, blood pressure and BMI. Approximately 1,118 students were screened. Out of that number there were 722 referrals to the student's health care provider (some students were referred for more than one cause);

Students have been seen by a school nurse and returned to class: There were 9,918 nursing visits for the school year 2010 – 2011. Of those visits 8,590 students were returned to class after visiting the school nurse;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In the 2010 – 2011 school year 41% of the students screened were overweight or obese. 22% of these students were in the obese range. We have seen a drop in the student obesity rate from 24 % in 2008/2009 to 22% in 2010/2011;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: physical education equipment such as archery equipment—complete set up for a

new program at GHS, Dance, Dance Revolution, Wii's for every school, TV's, whistles, cases for transporting and protecting TV sets, and a complete software program for track events;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: emergency management training to all administrative staff, counselor crisis training for counselors, front office training for safety for all front office personnel, physical education seminars for physical education teachers, all nurses attended the Tennessee School Nurse Conferences, and specialized training in management of diabetic insulin pumps for nursing staff;

School faculty and staff have received support for their own well-being through immunization clinics, newsletters, health fairs, weight management programs, and nutritional seminars.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – incorporating health education through counseling and physical education programs with a researched based program—Michigan Model for health education, and development of comprehensive pilot program at Tusculum View School Elementary School.
- Physical Education/Physical Activity Interventions – monitoring of Physical Activity Law at each school, provided Take 10! materials for Tusculum View Elementary School and Eastview Elementary School, and physical education classes maintained at the elementary level.
- Nutrition Interventions – Registered Dietician is now working with our system on a consultant basis to assist with menu planning, nutrient analysis, and carb counting, menus have been developed for elementary and middle schools to meet Healthier US School Challenge. We are making a commitment to a standard of excellence for our students and staff. Taste Today, Free Tomorrow—plan to introduce students to healthier food choices and encourage them to eat healthier foods that may be new to them, Grab 'n Go Breakfast—plan to encourage students to eat breakfast, Slow, Go, Whoa—final implementation will occur in 2011/2012. This program teaches students to make wise food selections.
- Mental Health/Behavioral Health Interventions – formation of a committee to identify, prioritize and develop solutions to the mental health needs within our school system, Parent/ Student Reunification Plan has been developed by our counseling staff, partnering with our local mental health provider to identify community resources that can be utilized by our local school system, and all schools have the services of a school counselor.

In addition to the accomplishments listed above, the CSH office in our school system has spent a significant amount of time reworking our safety plan to become NIMS compliant. As a result of this work we have system wide and building level plans that will mesh with our local emergency response agencies. Training for our staff, parents and students has also been completed.

Coordinated School Health in the Greeneville City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jeannie Woolsey, at 423-823-2916.



Grundy County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Grundy County School System.

An infrastructure for CSH has been developed for the Grundy County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include "Birthday/Celebration Policy: 1 party per month, healthy snacks encouraged, Tobacco Free School Zone for all Grundy schools
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$95,698.80.

Community partnerships have been formed to address school health issues. Current partners include:

- Grundy County Health Council
- County Advisory Board
- Grundy Safe Communities Coalition
- Grundy County Health Department
- Grundy County Lions' Club
- UT Extension-Family & Consumer Sciences Coalition
- Aerospace Testing Alliance
- Volunteer State Health Plan of TN
- SETHRA-Community Initiative
- Cover Kids
- Tennessee Roadbuilders Association
- Ollie Otter Seatbelt Safety
- Mountain Valley Mental Health
- Seven Day Adventist Community
- WE-R CPR/First Aid Agency, Chattanooga TN

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Healthy School Teams, health council, Grundy Safe Communities Coalition, county advisory board, vision/hearing screenings, Back To School Bash, and Healthy Horizons. Currently, 25 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Team members, screenings, surveys for coalition, Back To School Bash, County Wide Field Day, Healthy Horizons, and Stop Tobacco. Approximately 28 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Grundy County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 4,495 students screened and 458 students referred.

Students have been seen by a school nurse and returned to class – 20,025 were seen by a nurse, 17,768 of those students returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Michigan Model materials, Take 10!, education videos, physical education equipment, Wii Fitness Plus, Dance Dance Revolution, playground mulch, nurse equipment for screenings, and resources for nutrition.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Olweus Bullying Training, Take 10!, Michigan Model, CPR/First Aid, immunization, sun safety, Power U, CANS Training, suicide prevention.

School faculty and staff have received support for their own well-being through “Biggest Loser Campaign, staff newsletters, 7 one month trial memberships at Manchester Recreation Facility, 25 one month trial memberships at Hard Bodies Fitness Club, and Central Office Wellness Walking Teams.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model K-12, sun safety, Tennessee Roadbuilders Association, Ollie Otter Seatbelt Safety, Truth About Drugs, 6th, 7th, and 8th grades, and the Grundy Safe Communities Coalition;

- Physical Education/Physical Activity Interventions – Take 10!, county-wide field day, Blue Cross Walking Works for Schools All Grundy schools are in compliance with the 90 minute physical activity law;
- Nutrition Interventions – Nutrition Nuggets Newsletters, science/health fair, Healthy Horizons Grant for 4th grade students, Power-U, Healthy Bee Health Fairs, March nutrition awareness campaign, science/health fair at North Elementary;
- Mental Health/Behavioral Health Interventions – Olweus Bullying Training, CANS Training, Mountain Valley Mental Health partnership.

Additional highlights include all seven Grundy County schools are CSH schools. Birthday/Celebration Policy: 1 party per month, with healthy snacks only encouraged, Biggest Loser Campaign: Teachers and Staff Wellness Contest, Back To School Bash, County Wide Field Day, AED's purchased in 2010-11 at all schools, and two additional nurses hired for our system.

Coordinated School Health in the Grundy County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Lloyd Carden, at 931-692-3467 x120.



Hamblen County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hamblen County School System.

An infrastructure for CSH has been developed for the Hamblen County School System that includes:

- School Health Advisory Committee
- Eighteen Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$76,103.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|--|
| ➤ Health Department | ➤ Cherokee Health System |
| ➤ HSAC Team | ➤ Morristown Chamber of Commerce |
| ➤ Home Team | ➤ Florence Crittenden |
| ➤ Hamblen County Health Council | ➤ Kotex |
| ➤ Morristown Hamblen Healthcare System | ➤ Food City Pharmacy |
| ➤ Carson Newman College | ➤ Citizen Tribune |
| ➤ Healthstar Physicians | ➤ TennderCare |
| ➤ UT Extension | ➤ Wal-Mart |
| ➤ Get Fit TN | ➤ Coca-Cola |
| ➤ Stepping Out Ministries | ➤ Coleman Chiropractic |
| ➤ Douglas Cherokee | ➤ Morristown-Hamblen Emergency Management Agency |
| ➤ Walters State Community College | ➤ Emergency Management Systems |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include School Health Advisory Committee, Healthy School Teams, and assist with BMI screenings. Currently, 65 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Teams, School Health Advisory Committee, distributing healthy school teams, nutrition advisory councils, and attending food shows. Approximately 650 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hamblen County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – in 2008-2009 school year 3,903 students were screened and approximately 245 were referred for blood pressure rechecks;

Students have been seen by a school nurse and returned to class with 18,565 students visiting the nurse and 12,890 returned back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-2008 school year 1,142 students were screened and 27.17% were obese and in 2010-2011 school year 3,808 students were screened and 26.16% were obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: physical education equipment, playground equipment, Michigan Model materials, general office supplies, healthy snacks for health curriculum, supplies for Pre-K healthy steps curriculum, monthly newsletters, school nurse supplies, DVDs and healthy books.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: state required in-services and trainings, Michigan Model training, physical education in-services.

School faculty and staff have received support for their own well-being through staff work-out rooms and group exercise classes. Also, weight watchers and biggest loser competitions have been held.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Take 10! Curriculum, Healthy Steps curriculum;

- Physical Education/Physical Activity Interventions – SPARK curriculum, physical education equipment, and updated playground equipment. Added physical activity curriculum to after school program;
- Nutrition Interventions – monthly nutrition newsletter; and
- Mental Health/Behavioral Health Interventions – annual mental health 101 training to all HCBOE staff.

Coordinated School Health in the Hamblen County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kellie Smith, at 423-736-1729.



Hamilton County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hamilton County School System.

An infrastructure for CSH has been developed for the Hamilton County School System that includes:

- School Health Advisory Committee – an Advisory Committee has been established for CSH in conjunction with a Healthy Communities grant awarded to the Hamilton County YMCA. School Health is a critical component of the Healthy Communities effort; therefore, the CSH Coordinator is an active member of the Healthy Communities implementation team. The Healthy Communities team, in turn, serves as the Advisory Committee for the CSH initiative.
- Healthy School Teams – fourteen elementary schools with health teams, two middle schools with health teams and two high schools with health teams
- School Health Policies strengthened or approved – Birchwood Elementary has adopted a “water only” beverage policy for all school events, Allen Elementary is working on establishing a physical activity policy for its students to increase physical activity outdoors, Allen Elementary is working on developing a Student and Faculty Wellness Policy to encourage the adoption of healthy lifestyles several Hamilton County middle and high schools are working to implement the 90-minute physical activity law without counting “walking between classes” as physical activity, *CSLA*- activity after lunch, East Ridge Middle – periods of “outside walking”, Hunter Middle – teachers do some form of physical activity each day during each class period for no less than 3 minutes, Red Bank Middle – students have a 30 minute “physical activity period” outside once each week, Sequoyah High – teachers are asked to provide their students with 20 minutes of physical activity during each block over the course of a week, and Soddy Daisy Middle – students have a 45 minute “physical activity period” once each week.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for Hamilton County totals \$ 252,782.

Community partnerships have been formed to address school health issues. Current partners include:

- The Community Foundation of Greater Chattanooga
- The Benwood Foundation

- The Junior League of Chattanooga
- The Urban League
- The Creative Discovery Museum
- UT Extension Service
- Crabtree Farms
- YMCA
- TENNdercare
- Step ONE
- United Way

Parent Involvement Developed

Parents are involved in school health activities in Hamilton County primarily through the health-related efforts of their PTA/PTO organizations. For instance, we have several schools that have put on Health Fairs for the community, and parents are generally a key part of such events.

We have several parents who are active members of their School Health Team. We also have student members of the School Health Teams at both of our high schools that have health teams. CSH encourages all School Health Teams to have both parent and student (for Middle and High school) representation.

As a part of the grant we received from the Benwood Foundation, CSH joined together with the Child Nutrition Department to sponsor “Chef Nights” at the elementary schools receiving the Fresh Fruit & Vegetable Grant (4 schools). These fun and festive events were held for the families of the students at those schools and featured a number of chefs preparing easy, inexpensive dishes featuring fruits and vegetables.

Currently approximately 75 parents are collaborating with CSH.

School Health Interventions

Since CSH has been active in Hamilton County, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – blood pressure screening has been performed on nearly 24,000 students over the past 4 years. At least 105 students were referred to a health care provider as a result of several high blood pressure readings.

BMI data has been collected that shows the severity of the childhood obesity epidemic in Hamilton County. BMI calculations were performed on approximately 3,400 students during the 2010-2011 school year. The results were as follows:

2.5% underweight

56.8%	normal weight
17.9%	overweight
22.8%	obese

Nearly 41% of the students measured this year were either overweight or obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include scales and stadiometers to facilitate BMI data collection, 2 walking tracks put in at one of our brand new elementary schools, several pieces of playground equipment including an 8-seat swing set, a jungle gym, and 2 heavy-duty, outdoor basketball goals, every elementary school in Hamilton County has been provided with a set of the Michigan Model health education manuals to be used by counselors, physical education teachers, nurses, classroom teachers, etc. In addition, each elementary school counselor has been provided with a complete set of the support materials that accompany the Michigan Model curriculum, Michigan Model health education manuals have been provided to 15 of our 21 middle schools and to 6 of our 17 high schools. These manuals were checked in to the libraries of these schools so that they would be accessible to all school personnel, garden beds, soil, plants, seeds, etc. have been purchased for 4 elementary schools for the purpose of starting school gardens, 55 DVDs were purchased to upgrade the DVD library of the STARS (Students Taking a Right Stand) program. DVD topics ranged from solving conflicts and dealing with anger to the dangers of tobacco/alcohol/drug abuse to dating violence and relationship issues to online safety and the dangers of sexting, Wii Fit packages consisting of a Wii console, Wii Fit Plus game and 3 extra remote controllers have been provided to 18 of our schools for use in physical education class, special education classes, family fitness nights, etc., color-coded bags of playground equipment (one for each grade level) containing basketballs, soccer balls, footballs, Frisbees, etc. have been provided to 6 of our elementary schools to increase their students' activity level during recess time, and 57 schools received basic packages of fitness equipment for use by their teachers/staff (2 recumbent bikes, 2 mats, hand weights, and resistance bands).

Professional development has been provided to school health staff in the following ways. All elementary school counselors received training on using the Michigan Model for health education curriculum, 3 of our school social workers will be attending a training session on the WhyTry program, which is an evidence-based program aimed at reducing truancy while improving behavior and academics. In addition, each of these Social Workers was provided with a complete set of the WhyTry curriculum materials, one "Math & Movement" package was purchased for implementation at Spring Creek Elementary school. Math & Movement is a multi-sensory approach to teaching math that allows children to be physically active while learning and practicing math concepts. The package included an on-site workshop for the teachers involved, training manuals, DVD, and some equipment for use in the classrooms, school faculty and staff at 57 of our schools have received support for their own well-being

through the purchase of basic packages of fitness equipment (2 recumbent bikes, 2 mats, hand weights, and resistance bands).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues. As mentioned above, the WhyTry program is a behavioral health intervention aimed at reducing truancy while improving behavior and academics. The 3 social workers we have attending the training this year will be implementing the program at their respective schools during the next school year.

Additional highlights for Hamilton County include a Mini-Grants Program which offers an opportunity for any faculty/staff member in Hamilton County with a good idea for a health-related project to apply for mini-grant funds to implement their project.

Both the Benwood Foundation and the Community Foundation of Greater Chattanooga have a genuine interest in and concern for children's health, and both are willing to support initiatives with proven success rates and measurable outcomes.

Coordinated School Health in the Hamilton County School System has made significant contributions to the health and well-being of our students and staff which in turn have addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Russell Cliché, at 423-209-5461.



Hancock County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hancock County School System.

An infrastructure for CSH has been developed for the Hancock County School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include the Wellness Policy that has been reviewed, revised and approved by the Hancock County School Board that includes nutrition, health education, physical education and physical activity)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$125,518 for the years 2007-2011

Community partnerships have been formed to address school health issues. Current partners include:

Amedisys	Hancock County Home Health
AmeriChoice/United Health Care	Hancock Public Health Educator II
Citizens Bank of Sneedville	Hancock County Health Council
Clinch Powell Educational Cooperative	Hancock County Highway Department
Clinch Powell Across Ages Mentoring Program	Hancock County School Based Health Centers
Felecia Wilder Licensed Massage Therapist	Hancock County School Nutrition Program
Hancock County Career and Technical Center	Harmony Zelenople United Methodist Church
Hancock County Diabetic Coalition	Camairia Lehman
Hancock County Farmers Cooperative	Judy's Beauty Salon
Hancock County Health Department	Modern Woodman of America

Second Harvest Food Bank of Northeast
Tennessee /"Back Pack Program"

Shepherd/s Corner

TENNder Care

Tennessee Farm Bureau of Hancock County

UT Agriculture Extension Agency

Drug Use Prevention Coalition

Tennessee Nutrition Education Program
(TNCEP)

Parents are involved in numerous CSH activities. These activities include Walk to School Day, Body Works Program, Healthy Woman, Men's Tune Up for Life, parent/teacher conferences, Second Harvest Food Bank of NE Tennessee Back Pack Program, Wear Red Day, Heart Health, freshman orientation, National School Breakfast Week, National School Lunch Week, Hoops for Heart, Jump Rope for Heart, BlueCross Walking Works Program, Hancock County Drug Use Coalition "Back to School Bash", Family Night, Great American Smoke Out Day, Spring Fest, School Health Advisory Council, and Healthy Schools Teams. Currently 533 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Second Harvest of Northeast Tennessee Back Pack distribution, Jerod's School Garden Project, career and technical center students who helped with the installation of walking trail signs and painting of trails, students serve on School Health Advisory Council, Healthy School Teams, HCES hand washing classes, Red Ribbon Week Skit and the planting of red tulips at each school, Kick Butts Day Skit, and the tobacco prevention team. Currently approximately 49 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hancock County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care provider – totals for 2007-2011 are Vision – 1,805 Referred – 105. Hearing – 1805 Referred – 42, BMI – 1,764 Nutrition intervention planned for all grades, Blood Pressure – 1,764 Referred – 11, Scoliosis – 280 Referred – 11, total screened – 7,418 and total Referred – 169.

Students have been seen by a school nurse and returned to class in the 2007-2008 school year. 5,530 visited a school nurse and 4977 were returned to class. In 2008-2009 school year, 4566 students visited a school nurse and 3926 were returned to class. The total number of students seen by a nurse was 10,096 and the total returned to class was 8,903.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Students classified as Overweight/Obese dropped their BMI rate by 1% from school year 2009-2010 to school year 2010-2011. Also, the percentage of students classified as obese dropped 3% from school year 2009-2010 to school year 2010-2011;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include new middle school playground/equipment, updated playground equipment, physical education/physical activity equipment, comprehensive health education materials, physical activity curriculum tool, aerobics instructor for faculty, staff, and students, healthy foods for nutrition classes, healthy drink (100% fruit juice) for cafeteria, healthy foods for nutrition classes, office supplies, variety of incentives to promote exercise, nutrition, etc., nutrition/physical activity newsletter;

Professional development has been provided to school health staff and includes professional in-service for faculty and staff: Ninety Minute Physical Activity Law, The Competitive Foods Rule, Workshop Physical Activity in the Classroom, TAKE 10! Training, SAVE Act Training, Michigan Model Curriculum, GoTrybe, Safe Schools Institute;

School faculty and staff have received support for their own well-being through school based health clinics offer primary care to all staff, health information services and physician referral are offered as requested, free screenings are offered and include BMI, blood pressure, free vaccinations (flu shots), free aerobics class for faculty and staff, and biggest loser competition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – comprehensive health education training, SBHC Health Educator, CSH and partners provide classroom education on a variety of health topics;
- Physical Education/Physical Activity Interventions – Hancock County wellness policy, BlueCross Walking Works Program, Take 10!, GoTrybe, Jump Rope for Heart, Hoops for Heart, physical education classes with certified physical education instructors, new and updated playgrounds, and aerobic classes;
- Nutrition Interventions – Hancock County wellness policy, Fresh Fruit and Vegetable Program, Farm to School Program, Registered Dietitian employed by CSH, school garden, promotion of school breakfast and lunch programs, nutrition education provided by CSH and other partners, professional training for physical education staff, and the Power U program;
- Mental Health/Behavioral Health Interventions – SBHC Health Educator, Project Basic, Michigan Model curriculum, Mental Health Team, in-service training for faculty and staff on bullying, mental health, and development of a school counseling referral form.

Coordinated School Health in the Hancock County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Debra McDaniel, at 423-733-1474.



Hardeman County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in 2007 for the Hardeman County School System.

An infrastructure for CSH has been developed for the Hardeman County School System that includes:

- School Health Advisory Committee that acts collectively to provide advice, guidance, and assistance to the Hardeman County School System in the areas of school health and community involvement.
- Nine Healthy School Teams that are responsible for updating the School Health Index, overseeing "Field Day" planning and activities, logging 90 Minute Physical Activity Logs, and implementing healthy snack ideas in classrooms
- School Health Policies that have been strengthened or developed. They include strengthening the wellness policy, the nutrition policy, and the physical education/physical activity policy
- Mental Health Policy developed
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA is \$83,131.78.

Thirteen Community partnerships have been formed to address school health issues. They include:

- Bolivar General Hospital
- Bolivar Central High School HOSA
- Bolivar Health and Fitness
- Hardeman County Community Health Center
- Hardeman County Health Council
- UT Extension
- TN Technology Center at Whiteville
- Bolivar Lion's Club
- Middleton Lion's Club
- Pathways
- Quinco Mental Health Center
- Hardeman County Sheriff's Department
- City of Bolivar Parks and Recreation

Parent and Student Involvement Developed

Parents are involved in CSH activities. There are 5 parents that have volunteered with the health screenings 12 parents served on Healthy School Teams and there are 5 parents that are on PTO.

Student involvement in CSH activities include 20 students that have been involved with helping out with health screenings, 9 students that have been involved with Healthy School Teams and 61 students that have participated in The Biggest Loser Contest.

School Health Interventions

Since CSH has been active in the Hardeman County School System, the following health interventions have taken place:

There were 1,484 students screened and 1,177 referrals made to health care providers during the 2010-2011 school year.

Also, 2,905 students were seen by a school nurse during 2010-2011. Of these, 1,997 student visits resulted in a return back to class (69% return rate).

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. There was a 28% obesity rate among our students measured during the 2010-2011 school year.

Many items have been purchased with CSH funds to enhance school health efforts. These items include treadmills, ellipticals, exercise bikes and salad bars.

Professional development has been provided for counselors, physical education teachers, nurses, school psychologists and school social workers. These professional developments include CPR training, 2010 Coordinated School Health Institute, RHAT Conference, TNSHC Fit for the Future Conference, Tennessee CSH Grand Regional Workshop, and the Healthy Minds and Strong Bodies Conference.

School faculty and staff received support for their own well-being through the Hardeman County Community Health Center administering flu shots to faculty and staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Intervention – Get Fit 2 mile walk took place on June 4, 2011
- Physical Education/Physical Activity Interventions – principals walk with students in their school's gym, Pre K-8th grade schools have a field day towards the end of each school year, and Walking Works For Schools Program for grades K-5

- Nutrition Interventions – Fresh Fruit and Vegetable Grant, foods are often baked instead of fried, healthy snacks are offered during breaks and snack times, and school cafeterias only serve wheat bread to students and staff
- Mental Health/Behavioral Health Interventions – at risk counselors are funded by Pathways, Quinco Mental Health and Pathways provide help for students with serious emotional and behavioral problems, and school counselors provide support services for students and staff.

CSH and several of its partners sponsored a GET FIT 2 mile walk. Partners included Anytime Fitness, Bolivar Health and Fitness, Bolivar General Hospital, Hardeman County Community Health Center, Hardeman County Department of Health, Hardeman County Mayor's Office, Star Physical Therapy, and UT Extension.

Coordinated School Health in the Hardeman County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Candice Woods, at 731-658-3228 x14.



Hardin County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hardin County School System as of July 1, 2006.

An infrastructure for CSH has been developed for the Hardin County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School health policies strengthened or approved include bullying, wellness, mental health, head lice, attendance, vending machines, and staff and faculty wellness
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$222,000.00. In-kind funding or grants for Hardin County Schools since 2006-2007 included, nurses, Le Bonheur Delta Grant, Le Bonheur Project Diabetes, and physical education teachers and aides.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|-----------------------------------|--------------------------------|
| ➤ Hardin Medical Center/EMS | ➤ Bodies-N-Motion |
| ➤ Hardin County Health Department | ➤ American Heart Association |
| ➤ UT Extension | ➤ Elite Fitness |
| ➤ Hardin County Government | ➤ Parks & Recreational |
| ➤ City of Savannah | ➤ LeBonheur Community Outreach |
| ➤ Chamber of Commerce | ➤ TennCare |
| ➤ Lifespan | ➤ Air Evac |
| ➤ Hardin County Fire/EMA | ➤ Parent Organizations |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. They include, health screenings, Fun Filled Fitness Challenge, parent involvement at each school, Healthy School Teams, the Health Council. Currently about 400 parents are collaborating with CSH;

Students have been engaged in CSH activities. These include Healthy School Teams, HOSA enrichment activities that include basketball, bowling, Fun Filled Fitness Challenge, and school Health Councils. Approximately 1,500 students are collaborating with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hardin County School System, the following health interventions have taken place:

Student School Health Screenings and Referrals to Health Care providers – During the 2007-08 school year we screened 1,213 students and referred 187 students, in 2008-09 we screened 1,427 students and referred 157 students, in 2009-10 we screened 1,534 students and referred 159 students, and in 2010-11 we screened 1,537 students and referred 136 students to health care providers;

The student return to class by school nurse visit rate in 2007-08 was 30%, in 2008-09 30%, in 2009-10 was 30%, and in 2010-11 was 20%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment for all schools, fitness equipment for student and staff at CSH schools, equipment for Fun Filled Fitness Challenge, basketball and bowling supplies for enrichment at elementary schools, HCMS physical education equipment for Wii's, and nutrition and health education supplies for students.

Professional development has been provided to counselors, physical education teachers, and nurses. These trainings include the Milan physical education academy, TAPHERD for physical education teachers, school nurses conference, suicide prevention for school counselors, Michigan Model updates, CPR and First Aid, meth awareness, school nutrition conference, and the Rural Health Association of Tennessee Conference.

School faculty and staff have received support for their own well-being through health screenings with our new health insurance program, newsletters and healthy recipes from UT and CSH, the Health Department's cancer awareness training. Some faculty have their own walking and exercise programs at each school.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Way to Go Kids! and nurse case manager for chronic disease;
- Physical Education/Physical Activity Interventions – certified physical education teachers in all schools and physical education assistants in all 5 elementary schools;
- Nutrition Interventions – partnered with SND and Registered Dietician for nutrition education, Fresh Fruit and Vegetables Grant, newsletters to parents and students with healthy recipes and ideas for healthy eating;
- Mental Health/Behavioral Health Interventions – mental health 101

Thanks to the Hardin County School System and the Board for seeing the need for our wonderful school nurses and physical education teachers. That along with our Nurse Case Manager from LeBonheur working with our chronic disease students and parents. The Fresh Fruits and Veggies Program is another wonderful asset to our schools. Students have the opportunity to have this everyday and it is a healthy snack for them.

Coordinated School Health in the Hardin County School System has made significant contributions to the well-being of our students and staff, which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Paige Neill, at 731-926-8960.



Hawkins County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the 2007 inception of CSH in the Hawkins County School System.

An infrastructure for CSH has been developed for the Hawkins County School System that includes:

- A School Health Advisory Committee
- A Staff Coordinating Council
- Eighteen Healthy School Teams
- School Health Policies strengthened or approved include an updated wellness policy that encompasses guidelines for the 8 components of CSH and an approved mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,053,579.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|---|
| ➤ Hawkins County Health Council/Adolescent Sub-committee | ➤ Rogersville Business and Professional Women's Organization |
| ➤ ETSU Rural/Community Health Initiative | ➤ Rural Health Services Consortium |
| ➤ UT Extension Office's TNCEP program | ➤ Hawkins County Chamber of Commerce |
| ➤ Jubilee Farm 2 School project | ➤ Hawkins County Schools Family Resource Center Advisory Board |
| ➤ WRGS Radio | ➤ Hawkins County Schools Family and Consumer Sciences Advisory Board |
| ➤ American Cancer Society | ➤ Delta Kappa Gamma Teacher Service Organization |
| ➤ American Heart Association | ➤ Department of Children's Services Community Advisory Board |
| ➤ Southeastern Dairy Association | ➤ Hawkins County Schools Family and Community Engagement Advisory Board |
| ➤ Goodwill Industries | ➤ Hawkins County Health Department. |
| ➤ Rogersville Rotary Club | |
| ➤ Rogersville Kiwanis Club | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health screenings and activity oriented fundraisers. Currently, 106 parents are collaborating with CSH.

High school HOSA students have been engaged in CSH activities such as breast cancer awareness campaigns, staff health fairs, promotion of a staff walking challenge, first aid presentations, CPR training, assistance with elementary health screenings, blood pressure checks for students and parents at 9th grade orientation night. Elementary and middle school students have been involved in staff recycling projects, and proper hand washing demonstrations. Approximately 123 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hawkins County School System, the following health interventions have taken place:

7,825 students were screened for height, weight, blood pressure, hearing, and vision. 592 students were referred for being out of the normal range;

In 2009-2010, 56,320 student visits were made to the school nurse; 53,589 of those visits resulted in the student returning to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2008-2009, our BMI data showed that 51.5% of our students were overweight or obese. Our data from 2010-2011 shows that the number of overweight and obese students has dropped 6.5% to a total of 45%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: physical education equipment, climbing walls, exercise equipment for staff/students, playground equipment, ground cover for playground safety, food for food backpack program, fitness technology, salad bars, ovens to replace fryers in the cafeterias, and milk coolers to replace coca cola coolers in the cafeterias;

Professional development has been provided to school counselors, physical education teachers, nurses, and cafeteria staff. Examples include CSH orientations, Take 10! trainings, Michigan Model trainings, physical education teacher professional development (both in Hawkins County and at Kingsport City's annual wellness symposium), and mental health referral process trainings;

School faculty and staff have received support for their own well-being through Weight Watchers programs, after school fitness classes, annual wellness challenges, access to the school based health

clinics, and staff wellness physicals (which have included BMI, cholesterol, triglyceride, and glucose screenings).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – all school counselors and health education teachers have been trained in using the Michigan Model curriculum and currently integrate it into their classroom lessons;
- Physical Education/Physical Activity Interventions – schools utilize the following, which were provided through CSH: walking trails, fitness technology, new and innovative physical education equipment, new playground equipment, the GOTRYBE online physical activity program, climbing walls, and Take 10! Kits;
- Nutrition Interventions – the USDA Fresh Fruits and Vegetables Program has been successful at 2 schools; the Child Nutrition Director works hard to integrate whole grains, beans/legumes, fresh fruits and vegetables, and non-fried foods into the weekly cafeteria menus. Fryers have been removed K-8 and are used at a limited amount in the high schools. High school vending machines are still in use but have healthy choices to select from now;
- Mental Health/Behavioral Health Interventions – the mental health integration grant assisted Hawkins County in re-visiting and refining their mental health policies and procedures. Students now have access to mental health services during the school day which removes the transportation barrier to receiving care and also contributes to less time out of class and more time focused on instruction.

Other highlights include receiving a 2008 Federal Carol M. White Physical Education Program grant and the 2010 opening of 2 school based health clinics. A mobile medical clinic travels to our remaining schools.

Coordinated School Health in the Hawkins County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Erika Phillips, at 423-272-7629 x153.



Haywood County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Haywood County School System during the 2007-2008 school year.

An infrastructure for CSH has been developed for the Haywood County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies were strengthened in the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 63,224.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|-----------------------------------|---|
| ➤ UT Extension | ➤ CompWorks |
| ➤ Health Department | ➤ A Bridge To Recovery |
| ➤ Scott Street Resource Center | ➤ Russell Dental |
| ➤ Family Resource Center | ➤ Sherwin Williams |
| ➤ Boys and Girls Club | ➤ County Court House |
| ➤ YMCA local branch | ➤ EW James and Sons |
| ➤ Carl Perkins Center | ➤ LeBonheur |
| ➤ Pathways | ➤ Lea and Simmons Funeral Home |
| ➤ Juvenile Justice Department | ➤ TenderCare |
| ➤ Department of Children Services | ➤ Reagon Mufflers |
| ➤ Professional Services | ➤ Cute Cut and Styles |
| ➤ Brownsville Family Practice | ➤ State Farm Agents |
| ➤ First United Methodist Church | ➤ Sanders Seed Company |
| ➤ Presbyterian Church | ➤ First State Bank |
| ➤ Baptist Church | ➤ InSouth Bank |
| ➤ Ministerial Alliance | ➤ After School Program (21 st Century Grant) |
| ➤ Riddle Construction | ➤ Dr. Ellis |
| ➤ Michael Banks Law Firm | ➤ American Cancer Society |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include the school wide 5K Walk/Run and Fun Walk, Hatchie Fall Festival, School Health Advisory Council, and the East Side Fall Festival.

Students have been engaged in CSH activities. These activities include the Hatchie Fall Festival, school wide 5K Walk/Run and Fun Walk, high school cheerleaders helping with the 5K, physical education enrichment program at the Junior High, Backpack Club, Show Choir video to meet our 90 minutes/week of physical activity, and the Junior High Student Health Council.

School Health Interventions

Increased vision and hearing screenings have been conducted in Haywood County since the initiation of Coordinated School Health. The health screenings are not limited to vision and hearing but now include blood pressure and BMI (Body Mass Index). The following is Haywood County's data on School Health Screenings by School Year and Referrals.

School Health Screenings and Referrals to Health Care Providers for the School Year 2007-2008 were 1397 total screened for vision and 263 of those were referred, 1410 total screened for hearing and 14 of those were referred, 1303 total screened for blood pressure and 39 of those were referred, and 1329 total screened for BMI and no referrals were sent home this year.

School Health Screenings and Referrals to Health Care Providers for the School Year 2008-2009 were 1592 total screened for vision and 356 were referred, 1592 total screened for hearing and 28 were referred, 1592 total screened for blood pressure and 57 were referred, 1592 total screened for BMI and no referrals were sent home, and 271 total screened for scoliosis and 5 were referred.

School Health Screenings and Referrals to Health Care Providers for the School Year 2009-2010 were 1586 total screened for vision and 27 were referred, 1586 total screened for hearing and 17 were referred, 1345 total were screened for blood pressure and 70 were referred, and 1345 total screened for BMI and no referrals were sent home this year.

School Health Screenings and Referrals to Health Care providers for the school year 2010-2011 were 1544 screened for blood pressure and 108 referred, 1560 screened for vision and 46 referred, 1563 screened for hearing and 18 referred, 1554 screened for BMI and 715 referred (our first year to send BMI referrals home)

The Coordinated School Health Program monitors the amount of students seen by the school nurse and the number that returned to class versus leaving school. The following school year and percentage corresponds to Haywood County's return to class percentage. 91% of the students seen by the school nurse during the school year 2007-2008 were sent back to class, 91% of the students seen by the school

nurse during the school year 2008-2009 were sent back to class, 86% of the students seen by the school nurse during the school year 2009-2010 were sent back to class 90% of the students seen by the school nurse during the school year 2010-2011, were sent back to class.

Since conception of the Coordinated School Health Program in Haywood County, the school's wellness policy has been strengthened and a website has been developed for parents and community members to utilize. A mental health policy has also been developed and will go before the School Board next school year.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In Haywood County, our current BMI data indicates 16% of our students are overweight and 27% are obese.

Through a partnership with the LeBonheur Mobile Unit, they have provided thorough health screenings, follow ups and sports physicals to our students. During the 2010-2011 school year, there were approximately 110 physicals performed, 25 follow ups, multiple sports physicals conducted and nutrition education provided to the parents and students.

Coordinated School Health has connected families to medical care through local financial resources and CoverKids Insurance applications.

Many items have been purchased with CSH funds to enhance school health efforts. Some of these items include four walking trails, Michigan Model curriculum for health education, Take 10! Curriculum, exercise equipment for physical education classrooms and incentive programs, fruits and vegetables for nutrition education programs, pedometers, Dance Dance Revolutions, exercise videos for the classrooms, exercise equipment for the staff, stability balls for classrooms to decrease behavior issues and increase core muscle tone, and health screening equipment for students and staff wellness.

Professional development has been provided to school staff which includes annual TAPHERD convention, Tennessee State Nursing Conferences, internal physical education in-services, B.R.A.I.N. state funded concussion program, Michigan Model training, Right Choices Abstinence Only Education training, Take 10! training, child abuse reporting by the Department of Children Services, and stress management.

School faculty and staff have received support for their own well-being through various health and fitness programs including the summer Shape Up Program, Scale Down Program, walking programs, onsite flu shots, exercise equipment placed at various schools, health information/awareness flyers, Zumba classes, toning classes, yoga classes, free cholesterol screenings and Teacher appreciation events, and suicide prevention workshops/training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – The American Lung Association's "Open Airways" Curriculum for asthmatic students, Farmers Market, Food Youth Initiative, TAR WARS

curriculum, community nutrition classes for parents, Way To Go Kids nutrition and physical education curriculum, sex education curriculum, promotion/awareness of National Nutrition Month, and the Middle School Youth Risk Behavioral Survey;

- Physical Education/Physical Activity Interventions – home exercise programs, school wide 5K Walk/Run and Fun Walk, Walk Across America, Walking Works for schools, physical activity during the Summer Enrichment Program, Fitness Gram 9 program to begin during the 2011-2012 school year to better link a connection between health and academics, and dance classes for the secondary education students;
- Nutrition Interventions – Registered Dietitian met with various students who had diabetes, high cholesterol, high blood pressure and high BMIs, community nutrition classes for parents, Way To Go Kids curriculum, farmers markets at various schools, vending food machines at the high school were changed to include only healthier options, and the Backpack Program
- Mental Health/Behavioral Health Interventions – organized a mental health team, signed Memorandums of Understanding, developed a mental health policy that is to be reviewed and implemented, and organized a yearly in-service of all new teachers with the Department of Children Services.

The Haywood County School System in partnership with the ministerial community implemented a Backpack Program that sends food home with children for the weekends. We served approximately 2,900 food packages this school year. A teacher survey indicated that children within this program showed improvements in behavior, social activity, enjoyment of class and going home, alertness on Monday mornings, and emotions.

Coordinated School Health in the Haywood County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Cindy Smith, at smithc95@k12tn.net.



Henderson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the school year of 2007-08 formation of CSH in the Henderson County School System.

An infrastructure for CSH has been developed for the Henderson County School System that includes:

- School Health Advisory Committee
- Four Active Healthy School Teams
- School Health Policies strengthened or approved...No action
- Total Amount of In-Kind/Grant Funding Since 2007, the beginning of CSH in Henderson County, equals \$46,220.35

Community partnerships have been formed to address school health issues. Current partners include:

- Henderson County UT Extension
- West TN Regional Health Department/TenderCare
- Henderson County Health Department
- American Heart Association, Henderson County Health Council
- Lexington High School Health Occupations Student Association (HOSA)
- Scotts Hill High School Health Occupations Student Association
- Tennessee Tech Nursing Program in Lexington
- Tennessee Nutrition Consumer Education Program (TNCEP) Coalition
- Jackson Sun, Lexington City Schools CSH
- Henderson County Adult Education Center
- Henderson County TAPPP Council (TN Adolescent Pregnancy Prevention Program)
- Henderson County Schools Mental Health Team
- Partnership with Well Child

Parent and Student Involvement Developed

During the 2007-08 school year, Scotts Hill High School had one student from each grade attend every CSH meeting providing insight and creative ideas for student friendly programs. One K-8 school hosted a CSH parent night where parents visited the school, were introduced to CSH and were able to exercise by walking in the gym.

During the 2008-09 school year, four LHS HOSA students and six HOSA students assisted with National Kick Butts Day at Lexington High School and Scotts Hill High School. Twelve teen moms from LHS and four teen moms from SHHS attended Special Parents Raising Kids, (SPARKS) meetings at LHS and at SHHS along with a few dads in attendance. This program teaches good parenting skills. Fourth graders in three schools participated in the “Power U” program in coordination with UT Extension and the Health Department. Approximately 50 participants participated in the UT Extension and LeBonheur LHS Henderson County Shapes Up Program.

During the 2009-10 school year, fourth graders in three schools participated in the “Power U” program in coordination with UT Extension and the Health Department. Six LHS HOSA students and six HOSA students assisted with National Kick Butts Day at Lexington High School and Scotts Hill High School. Eight teen moms from LHS and six teen moms from SHHS attended the Special Parents Raising Kids, SPARKS, meetings at LHS and at SHHS. This program teaches good parenting skills. One teen mother from one of the high schools attended the TAPPP committee meetings serving as a student representative. Five Pre-K parents attended the county Child Health Week Celebration with their children. One parent assisted with the school health screenings at a K-8 school and two parents who were also TN Tech Nursing Students assisted with the student health screenings at the high schools.

During 2010-11 school year, the UT Extension implemented the “On My Own” program at two of our K-8 schools. Since 2007, we have had a total of around 40 parents assisting with CSH. Approximately, 40 students are partnering with CSH to address school health issues. Ten parents are collaborating with CSH.

School Health Interventions

Since CSH has been active in Henderson County Schools, the following health interventions have taken place:

Student School Health Screenings and Referrals to Health Care providers – in 2010-2011, 1,641 students were screened and 960 students were referred.

During the 2010-2011 school year, 35,071 student visits were made to a school nurse. Of these visits, 30,268 resulted in a return to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Items purchased with CSH funds to enhance school health efforts include, a climbing wall at one k-8 school, a variety of playground structures at four K-8 schools, physical activity equipment for seven K-8 schools at two high schools, fitness dice, Wii's, basic physical education equipment for all nine schools, health screening equipment, Michigan Model health curriculum, salad bar, nutritional and health educational teaching tools, new materials for classrooms, new physical education/physical activity equipment, playground structures, salad bars, conducted health screenings on staff and students, partnered with community agencies to bring in free health & nutrition programs, active health committees and teams, provide continual support for teachers and support staff, regular CSH training for nurses, conducted YRBS surveys in middle and high school, and worked closely with all staff involved in school health;

Professional development provided to school health staff include professional development on CSH to all staff training on risky behaviors of teenagers for the healthy school teams, and training on mental health needs of children to all staff. CSH has sent physical education teachers to TAPHERD in the past and sent school counselors to Michigan Model training. Mental health teams participated in mental health training by Vanderbilt University;

School faculty and staff have received support for their own well-being through CSH distributed monthly health magazines to all staff for the past four years. CSH has partnered with LeBonheur Community Outreach to conduct Lace Up for a Good Life which is a walking program that included pre/post screening (cholesterol, glucose, blood pressure, height, weight, and BMI checks). CSH partnered with UT Extension to conduct Henderson County Shapes Up (blood pressure, height, weight, and BMI was checks).

Interventions that address childhood obesity and behavioral health issues include:

- Health Education Interventions – Michigan Model health curriculum, program partnerships with community agencies (UT Extension, Health Department, LeBonheur), CSH purchased teaching tools and materials, staff developments/trainings, and wellness programs for staff and students through community partnerships;
- Physical Education/Physical Activity Interventions – CSH purchased new physical education equipment for the gym and playground for all schools, CSH purchased physical activity equipment and materials for all schools, CSH conducted staff development on 90 minute physical activity law at a high school, CSH has informed the principals and HST's of the 90 minute physical activity law numerous times, CSH provided each staff member at the high schools a bonded copy of the Physical Activity Handbook, CSH provided the teachers with music CD's that accompany the Physical Activity Handbook, CSH purchased large playground structures and climbing walls, the schools applied for mini-grants, CSH purchased nutrition education materials and teaching tools for the teachers;
- Nutrition Interventions – CSH purchased nutrition posters and educational banners for all school cafeterias, CSH purchased calorie counting books that includes the nutrition facts of all food for the cafeterias to post nutrition facts of the items they serve and CSH assisted in minimizing the use of fryers to once a week;

- Mental Health/Behavioral Health Interventions – successful mental health team, mental health training for all personnel, and mental health team participated in training by Vanderbilt University.

Coordinated School Health in the Henderson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Brenda Scott, at 731-968-3661.



Henry County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments from 2001, the formation of CSH in the Henry County School System to present:

An infrastructure for CSH has been developed for the Henry County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School health policies strengthened or approved include policies related to child abuse and neglect, medicines, physical education, student discrimination and harassment, bullying and intimidation, student wellness, student drug testing, and student psychological services. Health services policies approved by School Board include confidentiality 2003, Glucagon administration 2003, Healthy School Teams 2002, cafeteria employee screenings 2006, mass health screenings 2006, diabetes documentation carbohydrate counting 2007, flu vaccination program for staff, Family Resource referral, acetaminophen and ibuprofen dosing, skin lesions, food allergies, transition coordinator referrals, Diastat administration, automated external defibrillators (AEDs), student carrying medications on school buses, and pandemic illnesses. Updated health services policies include, Alternative School Student Medical Information documentation, lice, Individual Health Plans (IHPs), individual hearing and vision screenings, blood and/or body fluid spills, incident/injury reporting, Worker's Compensation, Occupational Exposure Control Plan, child abuse/sexual abuse, and immunizations. Other procedures updated included the emergency preparedness plans and procedures.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$175,786.00

The number of Henry County community partners working with CSH has increased two-fold since 2002. Some of the current partners are:

County Health Department
Henry County Health Council
Henry County Medical Center
UT Extension Office

Henry County Safe & Drug Free Task Force
Tennessee Technology nursing program
Paris Karate
Paris Police Dept / Sheriff's Dept

Freedom Fitness
PTO from Harrelson, Henry and Lakewood
Schools
MSU pathology students (6)

Puryear Lions' Club
Tosh Farms
John Paul Moody, with Covenant Ranch

Parent and Student Involvement

Parents are involved in numerous CSH activities. These activities include members on Healthy School Teams, members on School Health Advisory Committee, parents assisting with student health screenings, parents assisting with nurse bulletin boards, parents assisting with activities promoting nutrition and physical activity such as Lakewood Family Fun Day and Henry 'Get Active' Night, and parents assisting with Child Health Week activities. Currently, forty-seven parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include members on Healthy School Teams, members on School Health Advisory Committee, Girl/Guy Force which is twenty-seven high school mentors worked with fifth grade students. Seven high school students taught sessions throughout the workshop, Asset Team members are taught by upper class members of the team about developmental asset and team building activities, nurse bulletin boards, parent newsletters, morning health announcements, door decorations with health messages, assist with the Lakewood Family Fun Day event, Youth Day – high school Asset Team (5) taught seventh grade students developmental assets, Save a Heart – (15) seniors taught nutrition lessons at Save a Heart for freshman. A and P students taught pre-kindergarten students nutrition lessons, Grove Gets Fit – freshman students taught parents health and physical activities, morning health announcement during child health week by students on the Healthy School Team (20), Boost Up session at Go Green Assembly at Lakewood and hand washing rap (8 students), hand washing posters made and displayed throughout Grove Schools (25 students), door decorating contest at Harrelson (two classrooms participated - 60 students), banners – school wide at Harrelson, Grove and Lakewood schools, second grade students made hearts with health message for legislators (30), Lakewood Healthy School Team students read books about health to grades PK-3rd for child health week, and Henry Healthy School Team hosted Henry 'Get Active' Night. Approximately one hundred fifty-two students are partnering with CSH to address school health issues.

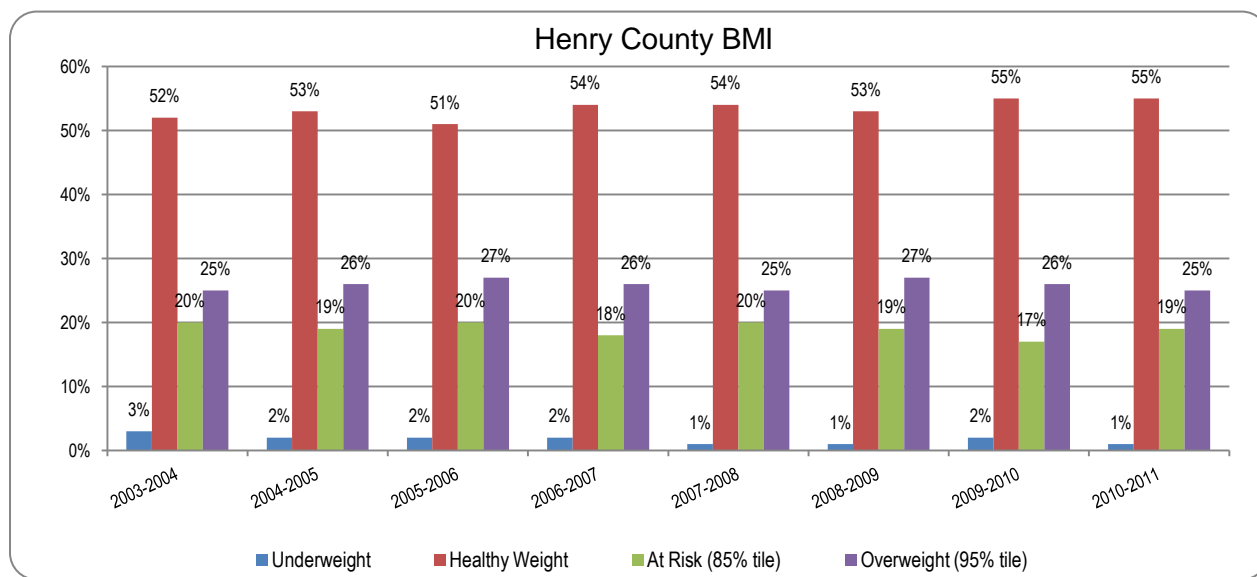
School Health Interventions

Since CSH has been active in the Henry County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 70,182 screenings with 14,037 referred. The following is a composite data from 2004 through 2010. Blood pressure referred - 4%, hearing referred - 7%, vision referred - 23%, dental referred - 19%, and scoliosis referred - 11%.

Students who were seen by a school nurse and returned to class have a composite rate of 97% for a 10-year period.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI measured for the Class of 2015 specifically, has decreased by 5% in the overweight/obese category from their Kindergarten through their 8th grade year.



Many items have been purchased with CSH funds to enhance school health efforts. These items include a climbing wall, staff wellness rooms x5, walking trail x2, concrete play areas x3, Take 10! curriculum, Michigan Model health curriculum, Sure Sight vision screener, audiometers (hearing screening) x6, and a Tanita machine (BMI).

Professional development has been provided to school health staff to include nurse to Sure Sight training, Michigan Model health curriculum, Take 10! curriculum, CPR curriculum, academics and health, suicide prevention, academics and sleep, brain food, brain breaks, mental health 101, TAPHERD conference for physical education teachers, SMART (Simulative Maturity through Accelerated Readiness Training), SPARK for physical education teachers in collaboration with the Stewart County School system, and Know Your Body health training.

School faculty and staff have received support for their own well-being through staff wellness rooms in four of five schools and Central Office; monthly newsletters, health screenings, flu vaccines, competitions, and in-service.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include Michigan Module health curriculum, Save A Heart, GirlForce/GuyForce, Miss Healthy, and Henry 'Get Active' Night;
- Physical Education/Physical Activity interventions include Take 10!, stability chairs, physical education equipment, Wii Fit, physical activity tapes (5 minute breaks) provided to K-5 Teachers and Grove Gets Fit/Grove Gets Moving;
- Nutrition Interventions include salad bars at all schools, parent monthly nutrition newsletter, pre-school parent meeting with nutrition information, and nutrition displays at various school endeavors such as Back to School Blast ;
- Mental Health/Behavioral Health Interventions include a Transition Coordinator, Service Learning Coordinator, mental health 101 training for all teachers and staff, and school guidance training in PREPARE.

Coordinated School Health in the Henry County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Stephanie Winders, at 731-644-3916.



Hickman County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hickman County School System.

An infrastructure for CSH has been developed for Hickman County Schools that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved
- Student Wellness Policy
- Student Psychological Services
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$240,903.

Community partnerships have been formed to address school health issues. Current partner include:

Hickman County Health Council	Agrana Fruit, Inc.
UT Extension	Women Are Safe
Hickman County Health Dept.	LifeCare Center of Centerville
Hickman Community Hospital	State Farm
Three Rivers Community Health Center	Hickman County Times
Hickman County EMS	Hickman County Farmers Market
Hickman County Chamber of Commerce	Get Fit TN
Sole Supports, Inc.	Well Child, Inc.
MLEC	Subway
Hickman County Suicide Taskforce	Coca Cola

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include the School Health Advisory Committee, Healthy School Teams, health fairs, Fun Runs, fitness events, school health screenings, and Walk the Dawg Fund Raising Event. Currently, 53 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include health fairs, fitness events, Healthy School Teams, and StarTeens. Approximately 234 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hickman County School System, the following health interventions have taken place:

Student school health screenings and referrals to health care providers include 1676 screened and 422 referred.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Four out of eight schools have improved student BMI rates from 2007-2008 to 2010-2011.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: health curriculum and playground equipment.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD, Michigan Model training, and Take 10! Training.

School faculty and staff have received support for their own well-being through employee health screenings, employee wellness newsletters, flu shots and hepatitis B vaccinations, employee diabetic educator, and employee wellness rooms.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Character Counts, Lifetime Wellness, Chef Combo, Power You, and Michigan Model;

- Physical Education/Physical Activity Interventions – all eight schools are exceeding the 90 minute physical education/physical activity law, all physical education classes are taught by a certified physical education instructor that meets all K-12 Physical Education curriculum state standards and guidelines. In grades 6-8 the teacher incorporates walks or daily 20-30 minute recess into class schedule. In grades 9-12 daily 7:45 am – 8:20 am morning walks (doors are shut and students are walking in same direction through designated course.) Some classroom teachers K-5 are using Take 10!, Before and After School Exercise Program: Before and After School exercising program for students in grades 3-5. Students are participating in a number of different activities throughout the year including track activities, bicycling, jump rope activities, and circuit training, taught by certified physical education teachers. The cost is free. Healthy School Teams lead schools in physical activity reward days and addressing mandatory recess K-5 (not withholding recess as punishment), American Heart Jump Rope for Heart, Physical Activity Fundraisers - “Walk the Dog” Grades 3-5, all 8 schools participate in Field/Fun Active Days, UT Extension/CSH/Nutrition Services provide “Fit Packs” to 1st grade students. “Fit Packs” are backpacks filled with age appropriate books over exercise and nutrition, parent wellness newsletters, jump ropes, balls, freebies, bean bags and other fun physical equipment that teachers use as reward for students to check out. WIN Room – Hickman County Middle School promotes positive character, academics and social skills with the WIN Room that is occupied with physical activity equipment such as a Ping pong table, DDR, and Wii, Project Diabetes funding and purchase of equipment and walking tracks;
- Nutrition Interventions – dietary consultant addresses food allergies and diabetics, UT Extension Chef Combo and Power U, Diabetic Educator Services are provided through partnership with Three Rivers Community Health Center.
- Mental Health/Behavioral Health Interventions – coordination of mental health services through the mental health grant, Hickman County Child Find event for children Birth to 5 years old (preschool) who are not currently enrolled in our school district or receiving any special education services can be screened free of charge. This is a partnership between CSH and Special Programs.

The Hickman County School System is partnering with Three Rivers Community Health Center in addressing diabetes prevention through the Project Diabetes Grant addressing physical activity and nutrition

Coordinated School Health in the Hickman County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Paula Chilton, at paula.chilton@hickmank12.org.



Houston County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Houston County School System.

An infrastructure for CSH has been developed for the Houston County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved include Student Psychological Services
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 7823.00.

Community partnerships have been formed to address school health issues. Current partners include:

Houston County Youth Center	TNCEP
Houston County UT Extension Office	Rec Club
Houston County Library	Lions Club
Houston County Drug Alliance	Safe and Drug Free schools
Houston County Health Council	Hilcrest Clinic
Family Resource	Rotary Club
TVA	Houston County Health Department
Stewart County Health Department	Erin City Mayor's Office
Community Partnerships	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Healthy School Teams, screenings in all schools, Advisory Council, and Zumba. Currently, six parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Wellness Teams, Character Counts and Dare, and Get a Clue tobacco program. Approximately 25 students are partnering with CSH to address school health issues on the Wellness Teams in the middle and high school levels, DARE, and character counts education.

School Health Interventions

Since CSH has been active in the Houston County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 583 screened and 116 referred this year, with 1,952 in total screenings and 454 total referrals.

Students have been seen by a school nurse and returned to class this year – 1252 students were seen by the nurse. 94 of those students were sent home. 1158 students were returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts: Examples of items purchased include: basketball goals, playground equipment, playground packs-balls, hoops, bases, jump ropes, gloves, and rackets. These items have helped bring our physical education and PA programs up in the SHI ratings in Module 3. We also purchased Take 10! for all the elementary teachers, and salad bars were placed in half of our schools. Exercise equipment for staff and teachers has been placed in two schools, Wii's are in all schools and in some classrooms for rainy day activities for students.

Professional development has been provided to school health staff. This includes CPR, nurses sent to school nurse conferences, suicide prevention, diabetes, bullying, asthma in the school setting, bloodborne pathogens, and CSH introductions to new staff.

School faculty and staff have received support for their own well-being through healthy eating guides, Registered Dietitian in-service, and physical activity in the form of Zumba classes. The Art Council offered dance and exercise classes, and smoking cessation programs were offered from the Health Department. Flu shot clinics were provided at the schools.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – What's the Rush program from the DA's office, Health Department abstinence program, Character Counts, Drug Alliance and Youth Center programs to educate the parents and children on the dangers of drugs and alcohol, Get a Clue tobacco education, and nutrition education

- Physical Education/Physical Activity Interventions – CSH Healthy School Teams are providing physical education and physical activity equipment to keep the students active during recess and physical education classes. The Mayor’s office is partnering with CSH to encourage parents/grandparents to go walking with their child using the walking trail in town.
- Nutrition Interventions – healthy snacks for school days letters sent home, healthy breakfast/quick snack foods sent to parents, salad bar in two schools, nutrition letters and demonstrations to the Youth Center and in the schools with guidance, parent letters on nutrition
- Mental Health/Behavioral Health Interventions – new psychological service policy in place, guidance counselor, UT Extension and CSH partnered for nutrition guidance.

Coordinated School Health in the Houston County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sandie Short, at 931-289-4159.



Humboldt City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Humboldt City School System in February 2007.

An infrastructure for CSH has been developed for the Humboldt City School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved include the wellness and nutrition policies, 90 minutes of physical activity/physical education per week, no carbonated beverages in schools, no outside breakfast, no parties involving food before 1:00 PM, no food in the classrooms except breakfast and pre-approved parties after 1:00, all fundraisers should avoid food products. If food is involved, pre approval is required. The mental health policy was strengthened to include MOU's with local mental health agencies.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$122,097.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|--------------------------------------|
| ➤ American Cancer Society | ➤ Flowers of Distinction |
| ➤ TenderCare | ➤ Humboldt Police Department |
| ➤ Subway | ➤ Humboldt Fire Department |
| ➤ Department of Health | ➤ Humboldt Area Rescue Squad |
| ➤ Humboldt Ministerial Association | ➤ Emergency Medical Services |
| ➤ Humboldt Exchange Club | ➤ Air Evac |
| ➤ Helping Hands | ➤ Tennessee Highway Patrol |
| ➤ Citizens of Action | ➤ Gibson County Sheriff's Department |
| ➤ County Health Council | ➤ <i>Humboldt Chronicle</i> |
| ➤ TNCEP | ➤ <i>The Jackson Sun</i> |
| ➤ Interagency | ➤ WBBJ |
| ➤ Northwest Tennessee Commission on Children and Youth | ➤ Humboldt Public Utilities |
| ➤ Humboldt Public Library | ➤ Kappi's |
| ➤ Humboldt Junior Auxiliary | ➤ Humboldt Housing Authority |
| ➤ Jason Foundation | ➤ Volunteer USA Foundation |
| ➤ Right Choices | ➤ UT Extension |
| ➤ Tennessee Technology Center | ➤ Family Resource Center |
| ➤ All Occasion Kathy's Flowers | ➤ City Gift Company |
| | ➤ Bonnie's Boutique |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including mock DUI crash (5), healthy school teams (30), and Strawberry Festival 5K participation (1)

Students have been engaged in CSH activities including mock crash drama team (6), the Teen Trendsetters Reading Mentor program (80), healthy school teams (12), Grim Reaper program (15), and Positive Peer Pressure (8)

School Health Interventions

Since CSH has been active in the Humboldt City School System, the following health interventions have taken place:

Student School Health Screenings and Referrals to Health Care providers – School Health Screenings: 10,425 and Referrals to Health Care providers: 1,058

Students have been seen by a school nurse and returned to class – students seen by a school nurse: 3,322. Returned to class: 2,958

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

	2007-2008	2008-2009	2009-2010	2010-2011
Overweight	18.3%	19.3%	14%	17%
Obese	28.5%	26.8%	25%	24%
Total:	46.8%	46.1%	39%	41%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Fitness room equipment, Wii's, various P.E. equipment, food service carts, health screening equipment, and balance balls for a pilot classroom.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Coordinated School Health, suicide prevention, asthma, diabetes, physical activity in the classroom, poverty simulations, bloodborne pathogens and universal precautions, child abuse, diversity training, bullying prevention, staff wellness, gender equity, and CPR and First Aid training.

School faculty and staff have received support for their own well-being through free health screenings including blood pressure, bone density, BMI, heart rate, and cholesterol, staff fitness centers, Weight

Watchers at Work, Biggest Loser competition, holiday weight loss competition—Hold the Stuffing, No Teacher Left Behind, Registered Dietician consultations, weekly fitness classes, and spa days.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Go Girl Go, dental screenings, Registered Dietician nutrition education, Right Choices, mock DUI crash, and health screenings;
- Physical Education/Physical Activity Interventions – Fitness rooms, physical activity professional development, ballroom dance program, and student marathon;
- Nutrition Interventions – removal of all vending in elementary and middle schools, removal of all food vending in high school, wellness policy updates, USDA Fresh Fruit and Vegetable grant, weekend backpack program, and Farmer’s Market;
- Mental Health/Behavioral Health Interventions – mental health policy developed and implemented, parenting and prenatal classes, Olweus Bullying Prevention program, Teen Trendsetters Reading Mentor program, and positive peer pressure.

Coordinated School Health in the Humboldt City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Ashley Hook, at 731-784-7170.



Humphreys County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Humphreys County School System.

An infrastructure for CSH has been developed for the Humphreys County School System that includes:

- School Health Advisory Committee: Humphreys County Health Council
- Seven Healthy School Teams
- School Health Policies strengthened or approved include Unsafe School Choice Policy, Emergency Allergy Response Plan, District Emergency Response Plan, Physical Activity Policy, and the Discrimination/Harassment/Bullying/Intimidation Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$214,607.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Humphreys County Health Council
- Humphreys County UT Extension Agency
- Humphreys County Health Department
- Humphreys County Drug Alliance
- Humphreys County Sheriff's Office
- City of McEwen
- Valley Fitness
- Zumba Fitness® Annette White, Instructor
- TN Department of Health
- Centerstone Mental Health Agency
- Three Rivers Community Hospital

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include walk-a-thons, Healthy School Teams, Health Council, School Health Advisory Council, and ATOD prevention initiatives. Currently, approximately 15-20 parents are collaborating with CSH excluding those involved in healthy fundraisers. The number of parent participants unknown.

Students have been engaged in CSH activities such as Healthy School Teams, No Bullying Club, ATOD prevention clubs, and health screenings (volunteers). Approximately 21 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Humphreys County School System , the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2010-2011: 1289 students screened, 832 referrals made;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Preliminary data indicates that 32% of Humphreys County Students screened in 2010-2011 were in the overweight or obese. This appears to have decreased significantly from 40% in the three previous years. Additional data analysis is required to support this trend;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Wii Fit packages, Dance Dance Revolution packages, health education curricula/materials, SmartBoards and projectors for health/wellness/guidance classrooms, and laptop computers for physical education staff (data collection purposes);

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Take 10!, mental health 101, suicide prevention training, bloodborne pathogens, safety training, First Aid/CPR/AED, and dispensing medications;

School faculty and staff have received support for their own well-being through Journey to a Healthier Heart (heart attack and stroke prevention) and Scale Down (weight loss) programs, as well as, monthly staff CSH newsletters and CSH website resources.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – curricula purchased for elementary and middle school guidance classes; SmartBoards/projectors for health/wellness/guidance classrooms;

- Physical Education/Physical Activity Interventions – Take 10! curricula and training, fitness equipment purchased, compliance with 90-minute Physical Activity Law in 6 of 7 schools, and walk-a-thon fundraisers at 3 schools;
- Nutrition Interventions – increasing availability of healthy school lunch choices, removing sodas and foods of minimal nutritional value from elementary and middle schools, promoting use of healthy classroom rewards, promoting availability of healthy options at class parties;
- Mental Health/Behavioral Health Interventions – school-based mental health services for middle and high school students (MOU with Centerstone), staff training mental health 101 for teachers/administrators, bus drivers and cafeteria staff, and suicide prevention training (provided by The Jason Foundation)

Coordinated School Health in the Humphreys County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kristi Brown, at 931-296-2568 x250.



Jackson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Jackson County School System.

An infrastructure for CSH has been developed for the Jackson County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved: System has approved TSBA policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$10,500.

Community partnerships have been formed to address school health issues. Current partners include:

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|---|--|
| ➤ Local and Regional Health Council | ➤ UCHRA |
| ➤ DHS | ➤ UCDD |
| ➤ DCS | ➤ Jackson County Sherriff's Dept |
| ➤ Anti-Drug Coalition of Jackson County | ➤ Jackson County Ambulance service |
| ➤ Jackson County Schools | ➤ local fire departments |
| ➤ Agriculture Extension Service | ➤ Jackson County Rescue Squad |
| ➤ Tennessee Technological University | ➤ Community Anti-Tobacco Educator |
| ➤ TENNderCare | ➤ Upper Cumberland CSH Coalition |
| ➤ Local and Regional Health Departments | ➤ Upper Cumberland School Nurse Consortium |
| ➤ AmeriChoice | ➤ Teen Challenge of the Upper Cumberland |
| ➤ Town of Gainesboro | ➤ LifeCare Family Services |
| ➤ Leadership Jackson Count | ➤ Bradford Counseling Services |
| ➤ Jackson County 3-Star | ➤ Head Start program |
| ➤ Valley Ridge Mental Health Providers | ➤ Nestle water company |
| | ➤ HealthConnect America group |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities serving on Healthy School Teams, Advisory Councils, assisting with screenings, assisting in nutrition and health education activities, attending and presenting at local Health Council. 113 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Red Ribbon Week led by Tobacco Free teens group, Student Safety Day led by "The Change", Anti-Drug Awareness Campaign led by Youth Anti-Drug Coalition, Project Graduation sponsored by senior class,. Approximately 158 students partnered with CSH during the 2008-09 school year. Approximately 158 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Jackson County School System, the following health interventions have taken place:

4009 School Health Screenings and 590 Referrals to health care providers;

5000 students have been seen by a school nurse and 95% returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. All schools have an overweight/ obese rate of at least 36% for every year;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness equipment, curriculum, physical education equipment, Wiis and games for physical education program and classroom use;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: TAPHERD memberships and conference, TN School Counselor Association memberships, School Nurse Alliance, School Nurse Association memberships, and Michigan Model training; and

School faculty and staff have received support for their own well-being through employee wellness programs focused on nutrition, physical activity, tobacco use reduction, and stress reduction. Flu vaccines provided to faculty and staff. Each individual school has fitness equipment for staff use.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – partnerships with local UT Agricultural Extension office and local Health Department to provide education on selected topics as requested. Michigan Model trainings held as needed;
- Physical Education/Physical Activity Interventions – equipment purchased, trainings provided, Take 10! curriculum purchased, maintained compliance with 90 minute Physical Activity Law;
- Nutrition Interventions – nutrition programs held in summer for low income families, working with Family Resource Coordinator to provide Second Harvest food to students in need;
- Mental Health/Behavioral Health Interventions – working with local mental health agencies to coordinate care for students and educate employees and families on mental health topics.

Coordinated School Health in the Jackson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jennifer Scott, at 931-268-9771.



Jefferson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Jefferson County School System.

An infrastructure for CSH has been developed for the Jefferson County School System that includes:

- School Health Advisory Committee
- Ten Healthy School Teams
- School Health Policies strengthened or approved include the Student Social Services policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 61,750.

Community partnerships have been formed to address school health issues. Current partners include:

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|--|---|
| ➤ American Heart Association | ➤ Jefferson County High School Student Council |
| ➤ American Cancer Society | ➤ Jefferson County High School Youth Leadership Class |
| ➤ Carson-Newman Student Nursing Program | ➤ Renaissance Fitness |
| ➤ Fuego Fitness | ➤ Rescue 180 |
| ➤ Jefferson County Health Department | ➤ Safe Space |
| ➤ Jefferson County Health Council and YouTH Subcommittee | ➤ St. Mary's Jefferson Memorial Hospital |
| ➤ Dr. Melissa Cooley with Tennessee Valley Medical | ➤ Safe Harbor Advocacy Center |
| ➤ Express Health Clinics | ➤ Dr. Clyde Worley and Dr. John Kirby – FAAP Internal Medicine and Pediatrics |
| ➤ Jefferson County High School HOSA Class | ➤ Tennessee Department of Health – School Based Dental Prevention Program |
| ➤ Jefferson County High School Service Learning Class | ➤ Tennessee Transportation Development Foundation (Ollie the Otter) |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. They include Healthy School Teams, the County Health Council, and assisting with BMI and blood pressure screenings. Approximately 2,500 parents are collaborating with CSH.

Students have been engaged in CSH activities. They include ACTIVE Program, One Step to Better Health Program, Milk Moustache Program, RAM Clinic Assistance, Christmas in Jefferson County, HOSA students @ JCHS assisting with blood pressure, JCHS PEC – Pink Out for Breast Cancer Game, Relay for Life Softball Game , Pump it up for Platelets Walkathon, and JCHS Leadership Class - Relay for Life. Approximately 950 students have partnered with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Jefferson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – number of students screened: 11,837, number of students referred: 1,998;

Students have been seen by a school nurse and returned to class – students sent to the nurse – 29,961, students returned to class - 26,405;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA:

BMI data for the 2010-2011 school year

Underweight	Normal BMI	Overweight	Obese	Overweight or Obese
1%	56%	19%	24%	43%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Nutrition Nuggets distributed to all elementary students each month, Teen Food and Fitness distributed to all middle school students each month, Fitnessgram, Take 10! curriculum, Dance Dance Revolution Systems for middle schools, materials to assist with the installation of walking track at White Pine School, materials to assist with the installation of walking track at Piedmont Elementary School, Michigan Model training for counselors and Physical Education Department, TAPHERD memberships for all 10 schools (2009 – 2010), TAPHERD Conference Fees and expenses (3 Attendees),

Cover Your Cough posters for all schools, emergency flip charts for all schools, installation of a playground area to be utilized by Pre-K – 1st grade students at Dandridge Elementary, installation of a student/staff exercise room at Rush Strong School, monitor and WII system to increase physical education participation at Jefferson Elementary. (K-5th), nutrition booklets for all students in grades PreK-5, TAPHERD memberships for all 10 schools (2010-2011, TAPHERD conference fees and expenses (5 Attendees), Olweus materials for Implementation at 7 elementary schools, materials to assist with the installation of a Disc Golf Course at Dandridge Elementary, materials to assist with the installation of a walking track at Rush Strong School, and materials to assist with refurbishing a workout room to be utilized by female athletes and staff members at Jefferson County High School

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include:

CPR and First Aid recertification training, universal precautions and bloodborne pathogens training, suicide prevention training, Take 10! training in Johnson City for 3 teachers. CSH worked with the Director of Facilities and the Director of Student Services to provide a template to all schools for emergency management planning to ensure schools are uniform throughout the county. Training in the use of the template was presented at the Administrator's Academy in July. Safety training provided for all administrators and safety team members, Michigan Model training for all K-5 guidance counselors and physical education teachers, CSH coordinator provided training for physical education teachers at all professional development sessions since inception of Coordinated School Health Program, CSH office coordinated school visits for all physical education teachers to various schools in East Tennessee in October, CSH sponsored three teachers to attend the TAPHERD conference in November 2009, CSH sponsored five teachers to attend the TAPHERD conference In November 2010, Epinephrine pen in-service, diabetes training, asthma, choking and food allergies training, CSH Coordinator provided orientation for principals and central office staff at yearly Administrator's Academy, CSH provided transportation and substitute teachers so that four middle school physical education teachers could travel to Gresham Middle School and observe a certified SPARKS middle school program, CSH office provided SPARKS physical education training for physical education teachers on April 25, 2008, and orientation training for teachers in preparation for administration of Youth Risk Behavior Survey.

School faculty and staff have received support for their own well-being through the following: New Market Elementary School provided a room and fitness equipment to encourage staff and faculty to become physically active, Piedmont Elementary cafeteria began serving salads at the beginning of the 2007 school year as a healthy lunch alternative twice weekly for staff and faculty, a needs survey for staff wellness and health was completed by staff in January 2008. staff newsletter started focusing on different aspects of the Coordinated School Health office as well as highlighting a specific health topic each month (American Heart Association, Poison Awareness Month, Nutrition Month, two of the elementary schools are providing weight-loss management support groups to help facilitate weight-loss for staff members, adult influenza vaccinations were administered by Rural Medical Services, CPR and First Aid recertification training, universal precautions and bloodborne pathogens training to all current and new staff, CSH contacted several local fitness centers to provide health club service to faculty and

staff at a reduced “corporate” rate, hepatitis vaccinations were administered by the county health department, county-wide nurse provided CPR and First Aid recertification training, nurse also provided universal precautions training to all current and new staff, CSH sponsored a health fair for all faculty and staff. We partnered with Mercy Health systems to offer a cholestech screen, blood pressure, and bone density screenings as well as other entities to provide a variety of information and services to our staff, CSH partnered with a local trainer to provide a “boot camp” class for faculty and staff held after school twice a week at two different locations, CSH partnered with the county Health department to sponsor afterschool H1N1 clinics at each school location, An elementary teacher became a certified Zumba instructor and started offering classes to the staff at her school. She has now expanded the classes as an offering to all staff and faculty, CSH and Jefferson County High School administration worked together to refurbish a workout room to be utilized by female athletes and staff members, CSH and Rush Strong School partnered together to install a workout facility for staff and students and the cafeteria at the high school started offering chef salads as an entrée option.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – *Your One and Only Body* nutrition information for use with middle school health/wellness classes, Healthy and Wise curriculum provided for all schools in county, nutrition newsletters distributed to elementary and middle school students monthly basis, county-wide nurse taught classes on hand washing, personal hygiene, shigellosis, and puberty, Michigan Model curriculum and training provided to all schools in the county for use in the classroom, Tennessee National Guard “Stay on Track” drug awareness and prevention program for 6th grade students, Michigan Model curriculum materials (notebooks, videos, and supplementary materials) were provided by CSH to all K-5 elementary schools, Doral Dental provided dental hygiene classes for wellness classes at Jefferson County High, Rush Strong School Nurse provided hygiene program to 1st grade students, the American Red Cross hand washing program (Scrubby the Bear) was presented to all elementary schools.
- Physical Education/Physical Activity Interventions – Project Fit America, a fitness equipment area at Jefferson Elementary provided by a grant partnership with St. Mary’s Health Systems, CSH provided funding for the seven elementary schools in the county to purchase physical education equipment to further implement the SPARKS physical education program, Blue Cross/Blue Shield Walking Works for Schools, Youth subcommittee *KidsFitness* program for elementary schools, CSH office provided transportation and substitute teachers so that four middle school physical education teachers could travel to Gresham Middle School and observe a certified SPARKS middle school program, FitnessGram software purchased and given to tech department for installation at each school for use in physical education classrooms, All elementary schools provided a set of Take 10! curriculum. Three classroom teachers attended the Take 10! Train the Trainer session in Johnson City, Dance Dance Revolution systems were purchased for the middle school Physical Education departments, purchased additional classroom materials for middle school physical education instruction, CSH provided funding assistance to install a walking track at White Pine School during

summer of 2008, CSH provided funding assistance to install a walking track at Piedmont Elementary School during summer of 2009, CSH partnered with the elementary teachers and central office to provide elementary field day activities at a county-wide event in May, CSH office coordinated school visits for all physical education teachers to various schools in East Tennessee in October.

CSH sponsored three teachers to attend the TAPHERD conference In November 2009, CSH provided memberships to the United States Tennessee Association and sponsored the April professional development for the physical education teachers in the county, all schools in the county are reporting compliance with the 90 minute physical activity law, CSH provided mini-grant funding to assist with the installation of a playground area to be utilized by Pre-K – 1st grade students at Dandridge Elementary, CSH provided mini-grant funding to assist with the installation of a student/staff exercise room at Rush Strong School in September 2010, CSH provided min-grant funding to assist with the purchase of a monitor and Wii system to increase physical education participation at Jefferson Elementary. (K-5th), elementary schools participate in the Hoops for Heart and the Jump Rope for Hearts sponsored by the American Red Cross, Rush Strong School initiated the annual “Ride the Plains” bicycle road course/fundraiser, CSH sponsored five teachers to attend the TAPHERD conference in November 2010, CSH and Dandridge Elementary School partnered to install a 9 hole disc golf course on school grounds for use with the physical education program. The course is open to the public after school hours, CSH encouraged all K-5 schools to participate in the Covenant Kids Run Marathon in Knoxville, five out of our 7 K-5 schools participated in the Kids Run Marathon, CSH and Rush Strong School is currently in the process of building a walking track around the elementary playground, Rush Strong physical education teachers/coaches have the implemented of an afterschool workout program for upper elementary and middle school students.

- Nutrition Interventions – Piedmont Elementary cafeteria continues serving salads as a healthy lunch alternative twice weekly for staff and faculty, ice cream sold in elementary and middle schools is low-fat or fat free in accordance with state sponsored competitive food recommendations, food services switched to smart pizza (low-fat), turkey corn dogs, and also started offering whole wheat breads as selections for sandwiches served in the cafeteria, nutrition newsletters distributed to elementary and middle school students in the county on a monthly basis and sent home with grade reports each month. Elementary students (4,000) receive a copy of *Nutrition Nuggets* and middle schools students (2,000) receive *Teen Food and Fitness*. CSH and the county Health Department sponsored a Milk Moustache campaign at the middle schools during the month of October to instruct and encourage the students to drink milk. Cafeterias at the middle schools have started offering chef salads as an entrée option at least twice weekly. Rush Strong school nurse provided nutrition program to 1st grade students, the cafeteria at the high school started offering chef salads as an entrée option. Currently

the cafeteria is preparing approximately 500 salads daily. CSH provided UT Extension with copies of nutrition materials for elementary students to take home as reinforcement to nutrition education taught by UT Extension. All elementary and middle schools in the county provide weekend backpacks to insure students have food for the weekend. Jefferson County High School removed all carbonated beverages from vending machines and replaced beverages with water. The YouTH (You Thinking Healthy) subcommittee developed a new project, Fit to Eat, which provides nutrition information to the preschool parents in the school system and examples of two healthy snacks for the students.

- Mental Health/Behavioral Health Interventions – school counseling department provided suicide prevention training for all teachers in the county, CSH worked with the school counseling department to establish a crisis response team consisting of school members and community partners, CSH sponsored a trainer to provide Michigan Model training for all K-5 guidance counselors and physical education teachers, all teachers have received mental health 101 training, CSH worked with Student Service Director to provide additional training for the Crisis Response Team in October, five schools are implementing the Olewus anti-bullying program with assistance from CSH and the student services department.
Mental Health policies have been reviewed and revised according to state mental health guidelines. A collaborative agreement has been developed and approved and a MOU between the school system and local providers has been developed.

Coordinated School Health in the Jefferson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Rhonda Click at rclick@k12tn.net.



Johnson City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Johnson City School System

An infrastructure for CSH has been developed for the Johnson City School System that includes:

- School Health Advisory Committee
- Ten Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$100,552.75.

Community partnerships have been formed to address school health issues. Current partners include:

Johnson City Parks and Recreation-Robin
DiMona

Johnson City Police Department-Weed and Seed
Program

Johnson City Chamber of Commerce-Karen
Hubbs

Washington County UT Extension Office-Vicky
Reeves

Northeast TN Regional Health Office

Earth Fare Market-Kate Van Huss

Heroes' Management team -Police, Juvenile
Court, Frontier Health, Johnson City Schools

Washington County Health Council

Mountain State Foundation-Theo Wright

Northeast Tennessee Eating Disorders Coalition-
Awareness Week in February

Mountain State Health Alliance-Health
Resource Center

Washington County Health Department-
Christen Minnick and Heatherly Sifford

PTA Council-system wide

East Tennessee Regional Health Department-
Shaun Street and Paula Masters

Turkey Trot Steering Committee

Up and At 'Em taskforce-City Wellness	Panera Bread
Gotrybe.com-Robert Baggett	ROTC-East Tennessee State University
East Tennessee State University	American Cancer Society
Milligan College, nursing department	American Red Cross-provided nurses for health assessment at ITMS
UNC healthcare-Sheren Kirkpatrick	Chris Teague-Fun Expedition
Niswonger Children's Hospital	Hands On Museum
Rita's Ice-student incentives	Foot RX
SADD Make It Better and CSH youth Leadership Team-Science Hill High School	Wallaby's

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Itty Bitty Bite Half Marathon Fun Run, Turkey Trot, Science Day at Towne Acres, field days at Woodland, Cherokee, Southside, and Fairmont Elementary Schools, Winter Festival at North Side Elementary Schools, health screenings at Indian Trail Middle School, and Taste Of Mt. View. Currently 420 parents are collaborating with CSH.

Students have been engaged in CSH activities including the Weed and Seed Program monthly meetings, Family Day at Earth Fare, working with kids making crafts out of fruits, For The Love of Cooking, club meetings at North Side with emphasis on physical activity, Fall Festival, Spring Fling at Science Hill High School Alternative School, Eating Disorder Week, Food Tasting Event-LEAPS , Child Health Week Various Programs, NS and Mt. View food sampling, and the Itty Bitty Bite Half Marathon Fun Run. Approximately 60 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Johnson City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 8334 were screened, with 1007 referred;

Students have been seen by a school nurse and returned to class - 36,037 were seen with 24,032 returning to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI combination of overweight and obese is 36.5% with BMI improvements seen in three schools;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a climbing wall, physical education equipment, lap tops for CSH to help with BMI screening and data, walking trails, traveling units, Brain Gym and Take 10! curriculum, SPARK curriculum for every elementary school, professional development has been provided to school health staff, Michigan Model curriculum, Summer Wellness Institute, TAHERD workshops, and the annual CSH Institute; and

School faculty and staff have received support for their own well-being through Fit For Thirty, Health Assessments for all Johnson City Employees, and staff point system for preventive care.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Mindful Eating, Eating Disorder Week, Food City Presentation, Heart Month Activities, calorie content and calorie expenditure in high school math, Take 10!, Healthy Living and Safety Standards, and the Too Good for Drugs curriculum;
- Physical Education/Physical Activity Interventions include Boys on Bikes, Girls on the Run, play equipment for before and after school programs, health screenings with assistance by physical education teachers, Itty Bitty Bite Half Marathon Fun Run, Turkey Trot, PTA Walk-A-Thons, Cherokee Walking Programs, North Side and Cherokee partnering with American Cancer Society for mini Relay for Life, and Jump Rope for Heart;
- Nutrition Interventions include wellness message to all staff, food bids, recipe development, Super Bowl Trivia Game, full meal vending machines, Serve Safe training, Read Across America/National School Breakfast Week, TCAP testing snacks, and end of TCAP testing celebration;
- Mental Health/Behavioral Health Interventions include Safe Schools Healthy Students grant, 7 therapeutic counselors, 8 child development specialists, 1 early childhood specialist, 1 community officer, 1 career counselor, 1 social worker, 1 student support teacher, 17 school counselors, Red Ribbon Week, and Michigan Model curriculum.

Coordinated School Health in the Johnson City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to

student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Beth Cox, at 423-232-2192.



Johnson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Johnson County School System.

An infrastructure for CSH has been developed for the Johnson County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$54,550.

Community partnerships have been formed to address school health issues. Current partners include:

ACTION Coalition	American Red Cross
Johnson County Health Department	ETSU Extended Hours
UT Extension	Johnson County Hiking Trails Association
Tennessee Technology Center	Crossroads
Tennessee Highway Patrol	Mountain Fitness LLC
Johnson County Sherriff's Department	Mountain City Care & Rehabilitation Center
ETSU College of Nursing	Johnson County Home Health
ETSU College of Medicine	AmeriChoice-United Health Care
Johnson County Health Council	American Heart Association
Johnson County Senior Center	American Cancer Society
Frontier Health	Cancer Task Force

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include the School Health Advisory Council, Healthy School Teams, Johnson County Health Council, health screenings, preview night, and after school programs. Currently, 150 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Tar Wars, CSH Teen Health Council, Kick Butts Day, and after school programs. Approximately 75 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Johnson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 815 students screened with 350 students referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Out of the 815 students screened during the 2010-11 school year, results show 2% of students are underweight, 55% are in normal BMI range, and 43% are overweight or obese. This shows slow but steady decreasing overweight/obese rates since the 2008-09 school year where the percentage for overweight/obese was at 45% and normal BMI range was 53%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Take 10! curriculum, Michigan Model curriculum, climbing walls, and fitness equipment; and

Professional development has been provided to all physical education staff. School faculty and staff have received support for their own well-being through line dancing, Weight Watchers, and Biggest Loser competition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Newsletters sent home to parents periodically, Red Ribbon Week activities, Kick Butts Day carnival, Michigan Model health education offered at all elementary schools, specific activities planned during Child Health Week to

highlight the importance of healthy living for children and their families, developed Teen Health Council at high school to help bring health issues to the students peer to peer;

- Physical Education/Physical Activity Interventions – Girls Are Precious (GAP) afterschool girls program at the middle school and high school, Girls on the Run initiated at all elementary schools, and offered reward days for schools with fun physical activity;
- Nutrition Interventions – offered Taste Bud Teasers at 3 elementary schools, partnered with United Healthcare for community health fair, and system-wide nutrition education;
- Mental Health/Behavioral Health Interventions – partnering with high school counselor to offer services at secondary level, Michigan Model emotional/mental health sections implemented fully at elementary schools, elementary counselors trained in Michigan model curriculum, and offered services to at-risk high school students

Coordinated School Health in the Johnson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Amanda Mullins, at 423-727-4879.



Kingsport City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Kingsport City School System.

An infrastructure for CSH has been developed for the Kingsport City School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved include new wellness plan approved in March 2011, mental health policy strengthened, and the nutrition policy strengthened
- Total amount of grant funding and in-kind services/materials secured by or in part by CSH (*KCS employed a full-time grant writer who wrote or assisted CSH in writing health related grants*) to expand school health capacity for our LEA totals \$1,684,973.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ UT Extension | ➤ Greater Kingsport Family YMCA |
| ➤ TNCEP Office | ➤ Great Body Company |
| ➤ Big Brother/Big Sister | ➤ Anytime Fitness |
| ➤ Frontier Health | ➤ Gold Star |
| ➤ Kingsport Area Chamber of Commerce | ➤ Curves for Women |
| ➤ Sullivan County Health Department | ➤ Weight Watchers |
| ➤ TennderCare | ➤ Tri-Cities Lifestyle Center |
| ➤ Americhoice | ➤ Wellmont Health Systems |
| ➤ Blue Cross Blue Shield Of Tennessee | ➤ Project Diabetes |
| ➤ Kingsport Chapter of the American Red Cross | ➤ Holston Medical Group |
| ➤ Nicotine Free Mountain Empire | ➤ Mountain States Health Alliance |
| ➤ Ollie the Otter Seatbelt Safety Program | ➤ Kingsport Senior Center |
| ➤ Kingsport Parks & Recreation | ➤ Kingsport Master Gardener's Club |
| | ➤ Food City |
| | ➤ GOTRYBE |
| | ➤ Neil Danahey Foundation |
| | ➤ Girls, Inc. |
| | ➤ Boys & Girls Club of Greater Kingsport |

- American Heart Association
- American Cancer Society
- Kingsport Family Resource Center
- Kingsport Office of Homeless Education
- Kingsport Housing and Redevelopment Authority
- East Tennessee State University
- King College
- TK's Big Dogs
- Eastman Chemical Company
- Head Start Program
- Short Mountain Silica Company
- Kingsport Police Department
- Kingsport Fire Department
- Performance Medicine
- Johnson City Schools
- Evergreen Showplace
- Dr. Oglesby Optometry
- Wal-Mart
- Kingsport Allergy Associates

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Learning on the Lawn event, Winter Wellness Celebrations, elementary Walk-a-thon, Roosevelt Road Runners Road Race, Making Healthy Changes in Schools: What Parents Can Do, healthy cooking techniques, Parenting with Love and Logic, community garden projects, Title One Night, Community Wellness Night, Healthy Heart Days, PACK Week, YMCA Healthy Kids Day, Summer Wellness Institute, and health screening assistants. Currently, approximately 1,000 parents are collaborating with CSH;

Students have been engaged in CSH activities. These activities include CSH partnering with Kingsport Senior Center and Kingsport Master Gardner's Club to build a raised bed vegetable garden at an elementary school in September and then at another elementary school in May. Students were involved in every step of the process including planting the crops. Along the way, students learned about the nutritional benefits of growing your own food and eating fresh fruits and vegetables. Students will learn additional health and nutrition information when they cook and eat their produce. Students were in charge of reading Wellness Wake Up calls during the morning announcements this school year. There were also student members on various Healthy School Teams. A student was chosen to be a member of the Recipes for Healthier Kids recipe contest team. This student was involved in giving feedback on the recipe development as well as taste testing and voting on whether or not to serve the recipe in the cafeteria. All 3rd-5th grade students at this school were asked to taste test the recipe and provide their opinions as well. At the two middle schools, students volunteered first semester for a heart monitor and exercise test program. Students signed up voluntarily to participate in morning exercise programs and after school fitness programs. Students participated in food drives to benefit Homeless Education and Family Resource Center programs. All elementary students participated in PACK Week by choosing a variety of fun activities relating to nutrition including dressing up in a certain color every day of the week and packing foods for lunch that were a certain designated color. Approximately 3,000 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Kingsport City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 10,740 health screenings took place in schools which resulted in 1,418 referrals being made to health care providers;

Students have been seen by a school nurse and returned to class – 64,640 student visits to school nurses in school clinics. Of those visits, 62,050 resulted in a return to class. The return to class rate for the Kingsport City School System this year was 96%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2009, approximately 40% of students screened were classified as overweight or obese. In 2011, that number fell to 37%. One elementary school saw a 12% reduction in overweight and obesity rates at their school;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include health education curriculum materials, physical education equipment, walking trail instillation, and updated playground materials and fitness equipment;

Professional development has been provided counselors, physical education teachers, and nurses. Examples include TAHPERD attendance for physical education teachers, Brain Based Learning workshop for all teachers, Kingsport Summer Wellness Institute, mental health training, school health assessment training, effective stress management training, diabetes education, asthma education, healthy cooking and shopping workshops, nutrition and healthy eating workshops, and health education curriculum training; and

School faculty and staff received support for their own well-being through enhanced partnerships with community organizations, discounts to community fitness clubs, on-site immunizations (flu shots), physical activity challenges and Initiatives, health and nutrition newsletters, and on-site exercise classes.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – additional teacher training on health education curriculum, various health education materials have been provided to all teachers, enhanced partnerships with community organizations who teach components of health education in schools, supplying school nurses with health education materials, the building of several school garden projects, implementation of daily health education messages read to every student at every school, greater amount of health education for parents and families, numerous health related events held in schools every year, and grants applied for and received addressing health education initiatives

- Physical Education/Physical Activity Interventions – before school exercise programs implemented at three schools, heart monitors used in middle school wellness classes, physical activity resource training for teachers, professional development for physical education/wellness teachers including a large Wellness Institute designed specifically for physical education teachers held right here in Kingsport each summer, updated physical education/wellness equipment purchased, full compliance with 90 minute physical activity/physical education mandate , Brain Based Learning training for classroom teachers, development of several after school fitness clubs in elementary schools, greater opportunities for staff to participate in physical activity, physical activity equipment donated to elementary students, and Safe Routes to Schools funding (three rounds of funding received)

- Nutrition Interventions – guidelines for healthier snacks in elementary schools, wellness plan passed that contains several nutrition components, development of Fruit and Veggie of the Month program in elementary schools, development of Fill Your Plate program for middle and high schools, Healthier Schools Foods Recipe Challenge resulting in new menu item, healthy cooking classes for parents, Fresh Fruit and Veggies grants, materials supplied to school staff for teaching nutrition education, school garden projects, vending machines turned off in all schools during school hours, nutrition tips and education for staff members, parent education materials placed at every school regarding proper child nutrition, partnerships developed with community organizations to provide nutrition education activities, and PACK Week event in elementary schools

- Mental Health/Behavioral Health Interventions – elementary school counseling grant received, SAP counselors on site in all middle and high schools, system-wide social worker for all elementary schools, two behavioral health counselors serving elementary schools, training provided for guidance counselors, mental health training provided for staff members, and school anti-bullying programs and policies strengthened

Coordinated School Health in the Kingsport City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Misty Keller, at 423-378-2147.



Knox County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Knox County School System.

An infrastructure for CSH has been developed for the Knox County School System that includes:

- School Health Advisory Committee meeting on a quarterly basis (59 Members)
- Seventy-nine Healthy School Teams representing the 8 components of CSH
- Staff Coordinating Council (14 KCS administrators)
- School Health Policies are reviewed annually
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 578,603.

Fifty two community partnerships have been formed to address school health issues. Current partners include:

AAA East Tennessee	Greater Knoxville Nutrition Council
Allergy, Asthma and Sinus Center	Healthy Kids
American Lung Association	Healthy Communities
City of Knoxville Fire Department	Healthy Living Expo Magazine
City of Knoxville Parks & Recreation	Junior League of Knoxville
Covenant Health Community Fitness	KCHD Epidemiologists
Covenant Kid's Run	KCHD Healthy Weight Program
Downtown Optimist Club	KCHD Rape/Violence Prevention Coalition
East Tennessee Children's Hospital	Knox County Health Department
Fox Fitness	Knox County PTA Council

Knox County SPIFFY	TENNder Care
Knox County TNCEP	Tennessee Commission on Children and Youth
Knox County Youth Health Board	Tennessee Quit Now
Knoxville Area Coalition on Childhood Obesity	Tennessee School Health Coalition
Knoxville Marathon	Tennessee Smokies Baseball
Knoxville Police Department	Together! Healthy Knox
Knoxville Track Club	United Healthcare Community Plan
LMU School of Nursing	United Way of Knoxville
Mental Health Association of East Tennessee	University of Tennessee Cancer Center
Mercy Health Partners	University of Tennessee Extension
Metropolitan Drug Commission	UT College of Nursing
RHAT	UT College of Veterinary Medicine
Rural Metro Fire Department	UT Nutrition Department
Safe Kids Coalition	Volunteer State Health
Safe Routes to School Coalition	Women's Basketball Hall of Fame
SmokeFree Knoxville	YMCA of Knoxville
Subway	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Mile Run/Walk, parent workshops, Healthy School Teams, health fairs, healthy fundraising, after school fitness and nutrition clubs, cross country teams, Run for the Schools, after school walks for families, cooking classes, monthly activity calendars, Walk to School Day, and-washing training for students, and school Gardens. Currently, 556 parents are collaborating with CSH.

Students have been engaged in CSH activities including Healthy School Teams, promoting school-wide physical activity, Youth Health Board, Youth Health Conference, Photo-Voice projects to improve the built environment for active living, healthy fundraising and community service. Approximately 139 students serve on Healthy School Teams, 7,908 participate in student-led health activities, 25 serve on

the Youth Health Board and 175 assisted with school health screenings for a total of 8,247 student partners working with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Knox County School System, the following health interventions have taken place:

In 2010-11, 11,060 School Health Screenings were completed and 3,955 students were referred for a BMI outside the healthy range, 613 for an indication of high blood pressure, and 160 for Acanthosis Nigricans. All students were referred to health care providers;

84,447 students have been seen by a school nurse and 48,912 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Results of 2010-11 BMI screenings of students in grades K, 4, 8 and 10 indicate that 35.6% were overweight/obese and 18.7% were obese (11,060 students screened);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness equipment for student and staff work-out facilities, physical education equipment, playground improvements, and evidenced-based curriculum such as the Take 10! and Michigan Model curricula;

Professional development has been provided to counselors, physical education teachers, nurses, classroom teachers, and Healthy School Team Leaders. Examples include classroom physical activity, stress management, School Health Index training, asthma education, smoking cessation, healthy lifestyle programs for staff and students, violence prevention, bullying prevention, food guide pyramid, Take 10! and Michigan Model training; and

School faculty and staff have received support for their own well-being through stress management, an 8-week healthy lifestyle program, physical activity opportunities, smoking cessation classes, and health screenings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Planet RX with the Metropolitan Drug Commission, dog bite prevention, water safety, and asthma education;

- Physical Education/Physical Activity Interventions – Take 10!, GoTrybe, classroom energizers, before and after school physical activity clubs;
- Nutrition Interventions – MyPyramid Color Bars Program, Go/Slow/Whoa Game for K5, Go Healthy Challenge, TNCEP and SPIFFY, and the Cardiac Cardinals afterschool fitness and nutrition Club;
- Mental Health/Behavioral Health Interventions – staff development through the annual Skills to Deal Summer Conference.

Student leadership in health is fostered through the Knox County Youth Health Board, a partnership between Coordinated School Health and the Knox County Health Department. Students representing KCS public high schools, private schools and home schools participate annually through meetings held August-May. Projects have included public health awareness campaigns focusing on tobacco use and bullying prevention, recommendations to the Superintendent to deter violence in schools, community service projects for Coats for the Cold and the Family Justice Center, and recommendations to the County Mayor's Office to improve the built environment for active living.

Coordinated School Health in the Knox County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Aneisa McDonald, at 865-594-9511.



Lake County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the 2007-2008 school year in the Lake County School System.

An infrastructure for CSH has been developed for the Lake County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- Wellness policy and nutrition policy was strengthened and mental health policy approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$651,000.00.

Community partnerships have been formed to address school health issues. Current partners

include:

- | | |
|---|--|
| ➤ Lake County Health Department | ➤ Right Choices of West Tennessee |
| ➤ Lake County Health Educator | ➤ Gear Up |
| ➤ Life Beat Family Resource Center | ➤ Salvation Army |
| ➤ Lake County Schools Family Resource Center | ➤ YMCA of Dyersburg, TN |
| ➤ Tennessee Early Intervention Systems | ➤ Northwest Tennessee Workforce |
| ➤ Northwest Childcare Resource and Referral | ➤ Lake County Interagency Council |
| ➤ Reelfoot Rural Ministries | ➤ Carey Counseling Center |
| ➤ Signal Centers Strengthening Families Program | ➤ American Cancer Society |
| ➤ Lake County Even Start Program | ➤ LeBonheur |
| | ➤ Lake County Head Start |
| | ➤ Lake County Schools Parent Involvement Coordinator |
| | ➤ Lake County UT Ag Extension |
| | ➤ Dyer County UT Ag Extension |

Parent and Student Involvement Developed

Approximately 325 parents have collaborated with CSH. They have assisted with numerous health initiatives at all schools including health screenings, Food Fiesta, Communicating With Your Teen parent night, My Heart is in Your Hands campaign, healthy snack poster contest, Salsa Aerobics, Run/Walk After School Program, Pilates After School Program

The following newsletters and/or correspondences are mailed or sent home to parents of Lake County students: Helping Children Learn quarterly newsletter is sent home with all PreK-8 grade students, Parent/Child Magazine is sent home with early childhood education students and teen parents enrolled in high school every other month, Michigan Model health education curriculum Family Resource sheets are sent home with all K-5 grade students quarterly. Parents of high school students receive monthly through the mail event calendars and high school Years newsletter, Nutrition Nuggets monthly newsletter is sent home with K-5 grade students. The Even Start Family Literacy Program offers the following parent/child involvement activities: approximately 20 parents and children visit the Pumpkin Barn annually where they learn about farm animals, pumpkins, and healthy habits for fall. Approximately 30 parents and children attend the Christmas Party where they enjoy healthy pizza, games, the Christmas Parade, and nutritional facts for winter, Child Abuse Prevention parent night for Even Start parents at Reelfoot Rural Ministries, and Spring Fling at the Henley Resource Center where 25 parents and children enjoyed outdoor family literacy activities, an Easter Egg Hunt, a healthy dinner and learned about healthy summer habits.

Approximately 300 students are partnering with CSH to address school health issues: These activities include Student Coalition Against Tobacco (SCAT), SCAT display table at high school basketball games, SCAT members work the concession stand at basketball games when promotional items are distributed, middle school and high school student athletes visited all PreK-5th grade classrooms during Child Health Week to promote the importance of physical activity and eating healthy. After a 5 minute presentation, the student athletes led 5 minutes of physical activities. The physical education class at Lake County High School wears uniforms during physical education time that displays Coordinated School Health and "Too Smart To Start" logos. During Child Health Week, high school students greet elementary students with a healthy theme sticker and reminders to live a healthy life. Ciggy Butts greeted students at Lara Kendall Elementary as they entered school and handed out healthy themed stickers which were worn by students throughout the school day. Each day during the morning announcements students at Lara Kendall Elementary and Margaret Newton Elementary listen to health related messages and participate in brief physical activities. Students have been engaged in CSH activities such as selling oranges, grapefruits, apples, and tangelos as an annual fall fundraiser. During Child Health Week, all K-12 grade students participated in a healthy snack poster contest which included nutritional facts and snacks less than 200 calories. Lake County High School Student Council sold healthy ice cream treats during lunch. Various clubs at the middle school and high school had a healthy canned food drive during the month of October when all proceeds went to Reelfoot Rural Ministry. Teen parents enrolled at Lake County High School strive to improve their mental/emotional health by participating in the Even Start Program, a five component voluntary program that requires participation in Early Childhood Education, Adult Education, Parent Education, Parent and Child Together Time and Home Visits.

School Health Interventions

Since CSH has been active in the Lake County School System, the following health interventions have taken place:

1700 student school health screenings and 930 referrals to health care providers;

2400 students have been seen by a school nurse and 70% returned to class;

BMI data was collected that shows the severity of the childhood obesity epidemic in our LEA. Lake County School System's BMI data shows that 51% of students screened are overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking track at Margaret Newton Elementary, elliptical machines and treadmills for all three schools, Michigan Model Health Education Curriculum, physical activity equipment for elementary, middle, and high school physical education class, nine station outdoor fitness course at Margaret Newton Elementary, salad bar for Lake County High School, updated playground equipment, Wii Video Systems with physical activity games, stability balls for six classrooms;

Professional development has been provided to counselors, physical education teachers, nurses, and teachers. Examples include: Michigan Model health education curriculum, mental health 101, Take 10!, and Color Me Healthy Curriculum; and

School faculty and staff have received support for their own well-being through seasonal flu vaccines offered free of charge, ongoing health screenings available to staff/faculty, a new walking track and fitness course installed at Margaret Newton Elementary School, an after school physical activity program sponsored by CSH available to the entire community, and treadmills and elliptical machines made available at each school for faculty use.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Comprehensive Health Education Interventions – Michigan Model is taught in all K-9 grade classrooms by school nurses, school counselors and/or physical education teachers, Take 10! curriculum is available at Lara Kendall Elementary and Margaret Newton Elementary for all classroom teachers, Power U curriculum is taught by a representative from the UT Extension office to fourth grade students, pre-K teachers were trained on Color Me Healthy which will be implemented in classrooms next school year, school nurses received training on the Food Youth Initiative and will implement the curriculum in 2nd and 3rd grade classrooms, CSH was the recipient of \$65,000 Student

Tobacco Outreach Program in 2008-2009, and funding for Tennessee Nutrition and Consumer Education Program was secured;

- Physical Education/Physical Activity Interventions – preK-9 grades are in compliance with the 90 minute physical activity law, a walking track and nine station fitness course installed at Margaret Newton Elementary School, physical activity videos designed for classroom use are used at all schools by teachers, school nurses, and school counselors, treadmills and elliptical machines are available at all schools for faculty and student use, after school physical activity program sponsored by CSH was available to the entire community, six elementary classrooms converted student seating from chairs to exercise balls; Take 10! is available at both elementary schools, updated playground equipment, improved physical education equipment at all three schools, Drums Alive and Zumba summer class for students (2010-2011), and Summer Camp for Kids that included daily physical activity (2010-2011).
- Nutrition Interventions – a salad bar was available at the high school for all students and staff, Lake County High School Student Council sold healthy ice cream treats during lunch, high school vending machines were transformed to include only healthy snacks and bottled water, G2, and VitaWater, Margaret Newton received the Fresh Fruit and Vegetable Grant in 2009-2010, Kids in the Kitchen Summer Camp (2009-2010), nutrition education summer class offered by LeBonheur (2010-2011), and Summer Camp for Kids that included nutrition education and learning to make healthy snacks (2010-2011);
- Mental Health/Behavioral Health Interventions – CSH collaborates with the Lake County School System's Even Start Program to provide social services for teen parents enrolled at Lake County High School to help them attain self-sufficiency. Even Start has provided \$160,000-\$190,000 (federal and local funds) per year, social workers from Carey Counseling Center serve grades PreK-3 two times per month in the classroom and are available for individual counseling, the elementary school counselor serves grades K-5 two times per month when she uses a variety of character education material, including bullying prevention, during classroom time, secured funding for a 3-year Abstinence Education Grant, and a Mental Health Team was formed and meets quarterly.

Coordinated School Health in the Lake County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Charlotte Lee Vaughn, at 731-253-3821.



Lauderdale County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lauderdale County School System in 2007.

An infrastructure for CSH has been developed for the Lauderdale County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and the school health services policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$24,583.

Community partnerships have been formed to address school health issues. Current partners include:

UT Extension Agent
Lauderdale Community Hospital
Commission on Aging
Lauderdale County Health Department
Department of Human Services
Carl Perkins Center
Department of Children Services
UT Martin – Ripley Campus
TKS Fitness Center

Ripley Police Department
Lauderdale County Sheriff Department
Lauderdale County Juvenile Services
Ripley Eye Care Clinic
Dyersburg State Community College of Nursing
Tennessee Technology Center in Ripley
District Attorney's Office
Rural Health Clinic

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Food Fiesta, Healthy School Teams, and the Advisory Council. Approximately 9 parents are collaborating with CSH.

Students have been engaged in CSH activities including Girl Talk, Healthy School Teams, Exercise of Fame – 8 pre-k classes, Walk Across Tennessee, Food Fiesta, Leboneur Good Health Truck, BC/BS Walking Works for Schools, Marathon Club, Doc Reedy seminar after school, and Project Lead – Better Me program. Approximately 1,200 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lauderdale County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –Total Screened: 7,539, Total referred: 1,178;

Students have been seen by a school nurse and returned to class include 38,556 seen by nurse and 17,646 returned to class – 48% of students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 45% overweight or obese in the Lauderdale County School System;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a climbing wall, Dance Dance Revolution, Wii game systems, TV's to play Wii and Dance Dane Revolution, BRQ balls for 3 classrooms, recess packs for several classrooms, basketball goal for alternative and equipment, ping pong kits, and bad mitten sets;

Professional development has been provided to school health staff. This includes several physical education teacher in-services, stress management in-service, sent counselors and physical education teachers to trainings (TAPHERD), diabetes education for nursing staff, asthma training, and bloodborne pathogen training; and

School faculty and staff have received support for their own well-being through newsletters and “Building a Healthier You” program, and in-service on stress management.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – asthma awareness and treatment training, bloodborne pathogen training to all cafeteria staff, bus drivers, and school staff, CPR certification and recertification to all staff, BLS certification to school nurse and health science teachers and CSH coordinator, partnered with Rural Health Clinic to provide in school clinic on pre-K and K registration days, partnered with a Tennessee Technology Center LPN class and provided Teddy Bear Clinic, and partnered with UT Extension and did Girl Talk, quarterly newsletters on various health risk and ways to improve health,

Dyersburg State nursing students provided lessons on various health topics to the students, encouraged staff to wear red on Fridays during Heart Health Month, lesson on bullying to 6th grade class, partnered with UT Extension Agent – Food Fiesta at HES – 2nd grad, talked to RES Principal regarding Food Fiesta – school year 2011-2012, Hand Hygiene – partnered with UT Extension Agent, Mission Good Health Truck – partnered with Leboneur, hygiene taught in 5th grade classes, and Making Healthier Choices taught in 6th;

- Physical Education/Physical Activity Interventions – Walk Across Tennessee with Students – provided Healthy Snack and prizes to winning class, Exercise of Fame - had 3 drawings and gifts that promoted activity was given away, Better Me program implemented - partnering with Health Dept., in-service with Teachers on Brain Gym in the classroom, Building a Healthier You with the staff that encouraged physical activity, provided walking DVD's for staff – fitness class started at HES, newsletter sent out to staff regarding importance of physical activity during the day – to refresh the Students brain and body, and BRQ balls purchased for several classrooms;
- Nutrition Interventions – schools are not frying food, many foods served in the cafeterias are whole wheat, low fat cheese, turkey hotdogs, applied for Fresh Fruit and Vegetable Grant, universal free breakfast offered and increased participation, bananas given to Teachers during TCAP week, list of healthy snacks sent home to parents encouraging them to send healthy snacks to school, especially during TCAP week, low-sugar breakfast implemented at RES, water being offered to all students, Fresh Fruit and Vegetable Grant, and low sodium foods in cafeteria
- Mental Health/Behavioral Health Interventions – work closely with school counselors to address several issues students have, Veldon “Doc” Reedy work with several students on behavior problems and coping mechanisms, some home visits done with MSW interns to homes of students whose parents were not compliant with medications, met with HHS counselor to discuss possibility of starting the P3 program, talked with Youth Villages regarding their procedures on handling a child in crisis, CPI training/ certification obtained, and work with professional counseling center – social workers regarding several students in our county

New or strengthened policies have been developed since Coordinated School Health was introduced. These policies include a wellness policy, head lice policy, medication administration policy, and a drug testing policy.

Coordinated School Health in the Lauderdale County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Michelle Brazier, at 731-221-0959.



Lawrence County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lawrence County School System.

An infrastructure for CSH has been developed for the Lawrence County School System that includes:

- School Health Advisory Committee
- Twelve Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, Coordinated School Health, nutrition, physical activity/physical education policy, comprehensive health education, health services, staff wellness, health school environment, mental health and student/family/community involvement.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$117,586.00.

Community partnerships have been formed to address school health issues. Current partners

Include:

Lawrence County Health Council

Lawrence County Executive

Lawrence County Safety Council

County Commissioners

Lawrence County Health Department

Lawrenceburg Rotary Club

Crockett Hospital

Lawrenceburg Lions Club

UT/TSU Extension Office (TNCEP)

Lawrenceburg Kiwanis Club

Lawrence County Chapter of the American Red Cross

Lawrence County Ambulance Service

Lawrenceburg Fire and Rescue

City of Lawrenceburg

Lawrence County Volunteer Fire Departments

Lawrence County Chamber of Commerce
Lawrence County Education Foundation
Lawrence County Arts Commission
Lawrence County Sheriff's Dept.
Lawrenceburg Police Dept.
District Attorney Mike Bottoms and staff
Centerstone Mental Health Center
Home-Front Realty
The Advocate Newspaper
The Democrat Union Newspaper
WDXE AM and FM Radio
WWLX Radio AM and FM
First Farmers National Bank
Bank of America
Suntrust Bank
Hughes-Parker Industries
Modine Industry
Dura Automotive
Jones Apparel
UCAR
TVA
Dr. Norman Henderson
Dr. Keith Tolar, Pediatrician
Dr. Shelia Aldrich Pediatrician
Dr. Scott Benefield, Pediatrician
Rapid-Care Walk-In Clinic

One-Stop Medical Walk-In Clinic
Express-Med Walk-In Clinic
Lawrence County Career Center
Tennessee Technology Center
A Kid's Place"
Bank of Frankewing
Rogers Group
David Weathers Charities, Inc.
McDonald's
Wendy's
Lawrenceburg Pilot Club
City of Ethridge
Sharp's Transport
Jones Home Furnishings
Edwards Oil Company
Rep. Joey Hensley
NHC Health Care Brink
NHC Home Care
NHC Scott Health Care
First Volunteer Bank of Lawrence County
Green Bank
Save-A-Lot Grocery Store
Tietgens Super Rama Grocery
Farmer's Supply Company
Hardee's in Loretto and Lawrenceburg

Sears
Shoneys
Lawrenceburg Utility and Power System
Kroger
Dominos Pizza
Little Caesar's Pizza
Pizza Hut
David Crockett State Park
Farm-Bureau of Lawrence County
Swap and Shop Center
Country Cottage Assisted Living
The Summit of Lawrenceburg
Harwell, Plant and Williams Attorneys
Law Office of Mike Harris
Law Office of Ron Freeman
Heritage Automotive
Johnson-Messer Body Shop
U-Save Car and Truck Rental
H.B. Brink Lumber Company
Charter Communications
Ivy Place Catering
Remke Eye Clinic
Doss Brothers General Contractor
TRIMAX Builders

The Shelter, Inc.
John Beasley, DDS
Buffalo Valley, Inc.
Lawrenceburg Physical Therapy
STAR Physical Therapy
CURVES
Lawrence's Farmers Co-op
Lawrenceburg Florist
McKelvey's Flowers
State Farm Insurance
Southern Office Printers and Supplies
Liberty Drug Store
Walgreens
Mac Brown Photography
First Breath of Life Pregnancy Crisis Center
OMNI Vision
Youth Villages
Lifecare
Lawson's Clothing
Charlie Brewer Sliders
Dr. Shane Robinson, Pediatrician
Dr. Shelia Aldrich, Pediatrician
Lawrence County School System School Board
Members (past and present)
Aaron's Sales

Parent and Student Involvement Developed:

Parents are involved in numerous CSH activities such as Healthy School Teams, planning for healthy school functions e.g. 5K Runs, Fitness Fairs, and school health screenings. Currently, over 1,000 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Healthy School Teams, health education for younger children (health fairs, fun runs) and Safe and Drug-Free Education (skits). Approximately, 110 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Lawrence County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers (2010-2011 School Year – 3,285 screened and 1,098 referred).

Students have been seen by a school nurse and returned to class (2010-2011 School Year) Student Visits: 41,796

Students Returned to Class: 36,980

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Beginning with the 2007-2008 school year Lawrence County showed an overall BMI rate of 42.2%. The following 2008-2009 school year we were at 39.4%. During the 2009-2010 BMI data was at 40.2% and for 2010-2011 student BMI data overall reduced to 37.2%. Overall comparison for the years 2007-2008 and 2009-2010 reduced by 2% are essentially the same group of students screened. The 2008-2009 and 2010-2011 school year are also students in their similar grouping. Their BMI data decreased by 2.2%.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking tracks, Michigan Model curriculum, Take 10! curriculum, playground equipment, physical activity equipment, medical equipment for school health screenings, providing substitute nurses to assist in school nursing when a regular school nurse is absent and to aid with proper assessment during scoliosis screenings for 6th graders.

Professional development has been provided to counselors, physical education teachers, and nurses through attendance at state conferences such as TAPERD, RHAT, TASN school nurse conferences, and TSNA (Tennessee School Nutrition Association) as well as district diabetes updates.

School faculty and staff have received support for their own well-being through Weight Watchers, flu vaccination clinics, blood pressure clinics, and health education/wellness programs.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum in each of the K-12 schools, Take 10! curriculum for K-5 grades, facilitated diabetes prevention information to students by School Nurses, facilitated diabetes education to parents by school nurses, and updated CSH website that includes linkage to all types of health education;
- Physical Education/Physical Activity Interventions – Walking Works for K-5 thru Blue/Cross Blue Shield, walking tracks, improvement to elementary school playgrounds, and physical activity equipment and supplies;
- Nutrition Interventions – Registered Dietician who assists Supervisor of Food and Nutrition in meal planning for students, received Fresh Fruit and Vegetable Grant, presently serving to Ingram Sowell Elementary School Summer Feeding program, removed 2% milk from all schools. Only offering 1%, and 0.5% skim milk, and all cafeterias are offering a minimum of 3 servings of dark green/orange vegetables;
- Mental Health/Behavioral Health Interventions – LEA approved new mental health policy/guidelines, LEA established a mental health team to address on-going mental health Issues, mental Health 101 training to all teachers and staff, MOUs with Centerstone Mental Health Center and LifeCare Mental Health Services, and educational training in bullying, and cyber bullying for school counselors

Coordinated School Health in the Lawrence County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Derese Methvin, at 931-762-0409.



Lebanon Special Schools District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lebanon Special School District.

An infrastructure for CSH has been developed for the Lebanon Special School District that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, mental health policy and heat illness prevention policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$498,510.

Community partnerships have been formed to address school health issues. Current partners include:

- TNCEP Coalition
- UT Extension
- Wilson County Health Council
- Wilson County Health Department
- Cumberland University
- University Medical Center
- City of Lebanon
- Lebanon Police Department/Public Safety Officers
- College Hills Church of Christ
- Jimmy Floyd Family Center
- STARS
- Well Child, Inc.
- Tennessee Technology Center at Hartsville
- Centerstone

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including school health screenings, district walking programs, healthy school teams, school health advisory council and spring Olympics. Currently, 216 parents are collaborating with CSH.

Students have been engaged in CSH activities including healthy school teams, school health advisory council, after-school fitness clubs, district walking program and spring Olympics. Approximately 1,978 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lebanon Special School District, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 7,131 health screening were conducted and 749 referrals were made for one of the following categories: BMI, Blood Pressure, Vision, Hearing or Scoliosis.

Students have been seen by a school nurse and returned to class – 11,792 student visits and 9,692 were returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 1,596 students were weighed and measured during the 2010-2011 school year and 44% were found to be overweight or obese and 54% were found to be normal weight and 2% underweight.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include health education curricula, physical education curricula, teacher training and equipment, health screening equipment, playground equipment and mulch to ensure student safety.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD – Tennessee Association of Health, Physical Education, Recreation, and Dance Conference, Professional Development for district physical education Teachers, TAHPERD, Take 10!, Light to Darkness Training- Signs of Sexual Abuse.

School faculty and staff have received support for their own well-being through on-site screenings with a partnership with University Medical Center.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum used to teach health education, physical education teachers incorporating health education instruction for elementary students;
- Physical Education/Physical Activity Interventions – CATCH equipment and training, and curricula provided to district physical education teachers walking program implemented to increase daily physical activity, after-school fitness clubs implemented to increase physical activity of non-athletes and promote good health.
- Nutrition Interventions – Bag and Go breakfast implemented to increase breakfast participation, Fresh Fruits and Vegetables grant promoting healthy eating;
- Mental Health/Behavioral Health Interventions – district mental health team, mental health policy, and an MOU with community agency (Centerstone) providing on-site counseling services for students and families.

Coordinated School Health in the Lebanon Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Tammy Grow, at 615-444-6073.



Lenoir City Schools District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lenoir City School System.

An infrastructure for CSH has been developed for the Lenoir City School System that includes:

- School Health Advisory Committee
- Healthy School Teams in all schools
- School Health Policies strengthened or approved in areas of physical education/physical activity and mental health.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$187,774.

Community partnerships have been formed to address school health issues. Current partners include:

Health Education Alliance of Loudon (Health Improvement Council)

Interagency (33 agencies represented)

Substance Abuse Prevention Coalition

Loudon County Health Department (Health Educator, Immunizations, Tennercare, dental clinic, Tennecare, Volunteer State Health Plan, Coverkids)

Teen Pregnancy Prevention Coalition

United Way of Loudon County

Loudon County CSH

Hope Resource Center

Loudon County Education Foundation

UT Extension

Ninth Judicial District Attorney General

Head Start

Lenoir City Police Dept.

Salsaritas Restaurant

Lions Club

Loudon Police Dept.

Loudon Sheriff's Dept.	Safe Haven: Crisis and Recovery Center for Sexual Assault
EarthFare	
Child Advocacy Center	TVA
Well Child	Helpline
Lenoir City High School Health Occupation students	Loudon Parks and Recreation Department
	Loudon Volunteer Police
Monroe County Teen Pregnancy	National Guard
Loudon County Family Resource Center	Review Committee
Lenoir City Family Resource Center	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as healthy snack tasting at the elementary school, parent nutrition surveys at the elementary and middle school, Project Grad at the high school, health screening results, WellChild physicals, Petals and Pearls Mother Daughter Tea, and dental sealants. Currently, 800 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Child Health Week, Fresh Fruit taste testing, health screenings, Positive Peer Pressure Clubs (middle and high school), and Healthy School Teams. Approximately 250 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lenoir City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – Screened: 2,699 Referred: 500;

Students have been seen by a school nurse and returned to class – Seen: 11,944 Returned: 10,631;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data gathered over the past four years show that approximately 48% of our students are either overweight or obese. The good news is that over time, our rates have been dropping. The latest data reveal that K-8 students dropped from 50% overweight to 47% overweight;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model health curriculum and support materials for the elementary school as well as physical education equipment for all three schools as well as support materials for our Positive Peer Pressure Clubs at the high school and middle school;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include suicide prevention training, Safe Dates training, Michigan Model training, Take 10! physical activity training, Brain Gym training, School Nurse Summer Conference, and CPR training; and

School faculty and staff have received support for their own well-being through wellness fairs, lunch and learn activities, and staff wellness programs, including “biggest loser competitions.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model at the elementary school, TNCEP at the elementary school;
- Physical Education/Physical Activity Interventions – Take 10! physical activity in the classroom for the elementary school;
- Nutrition Interventions – student and parent healthy snack taste testing (elementary and middle school), Go, Slow, Whoa at elementary school, and vegetable garden at elementary school;
- Mental Health/Behavioral Health Interventions – positive behavior support, RTI (Response to Intervention), Safe Dates, suicide prevention, STARS (Students Taking a Right Stand), and positive peer pressure.

Coordinated School Health in the Lenoir City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Mary Harding, at 865-988-2073.



Lewis County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lewis County School System.

An infrastructure for CSH has been developed for the Lewis County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$773,711 including CSH grant funding, \$413,711 without including CSH funding being counted.

Community partnerships have been formed to address school health issues. Current partners include:

- Lewis County Health Council
- Lewis County Health Council Youth Subcommittee
- Lewis County Health Council Wellness Subcommittee
- Lewis County Health Department
- South Central Regional Health Department
- Tennessee State Department of Health
- Family Resource Center
- UT Extension
- TNCEP- Tennessee Nutrition Coalition Education Program
- Office of Economic Community Development
- Lewis Health Center
- Centerstone Mental Health Center
- PTO-Parent Teacher Organization
- Lewis County Government
- Area 31 Special Olympics
- Lewis County Food Bank
- Second Harvest Food Bank of Middle Tennessee

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Healthy School Teams, health screenings volunteers, parent advisory boards, health council (including youth and wellness subcommittees), and volunteers in general. Currently, 35 parents are collaborating with CSH.

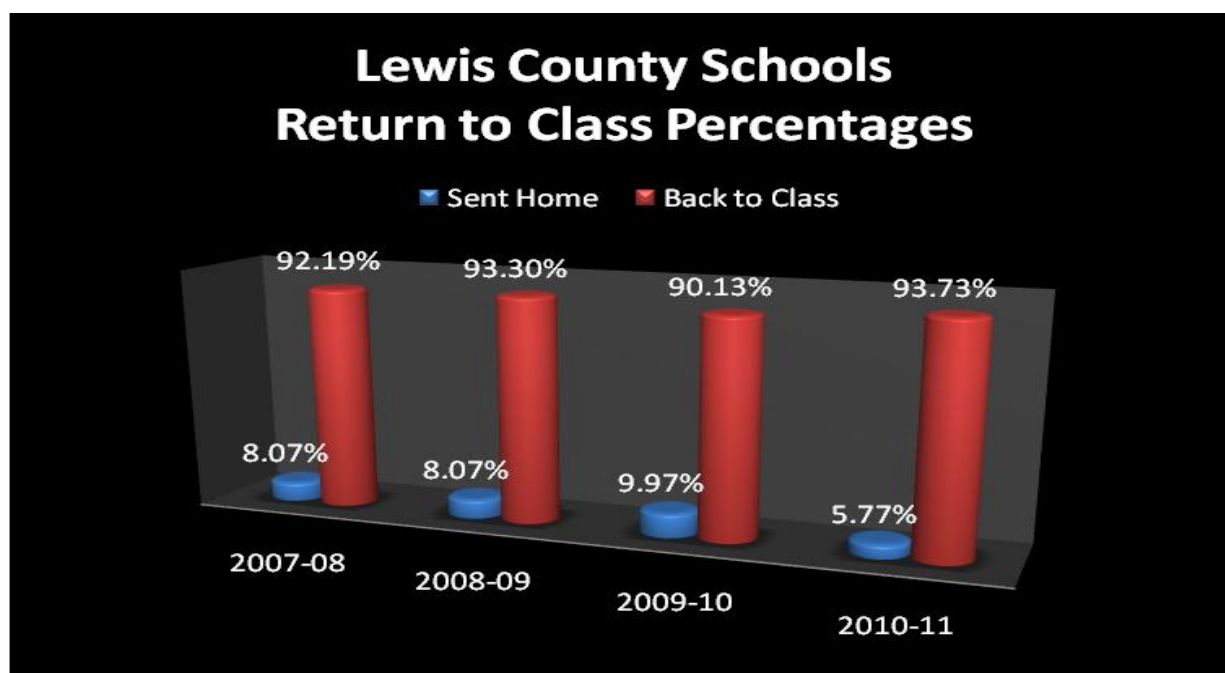
Students have been engaged in CSH activities. These activities include students assisting with athletic physicals, Teen Ambassadors, assisting with the 2nd and 4th Grade Health Fair, and choosing playground structures for the new playground. Approximately, 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lewis County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers (2010-11 school year) – 812 students were screened in grades K, 2, 4, 6, 8, and high school wellness, 53 vision referrals were made for those students, Well Child, Inc performed 241 well child examinations, 116 referrals were made to the PCP;

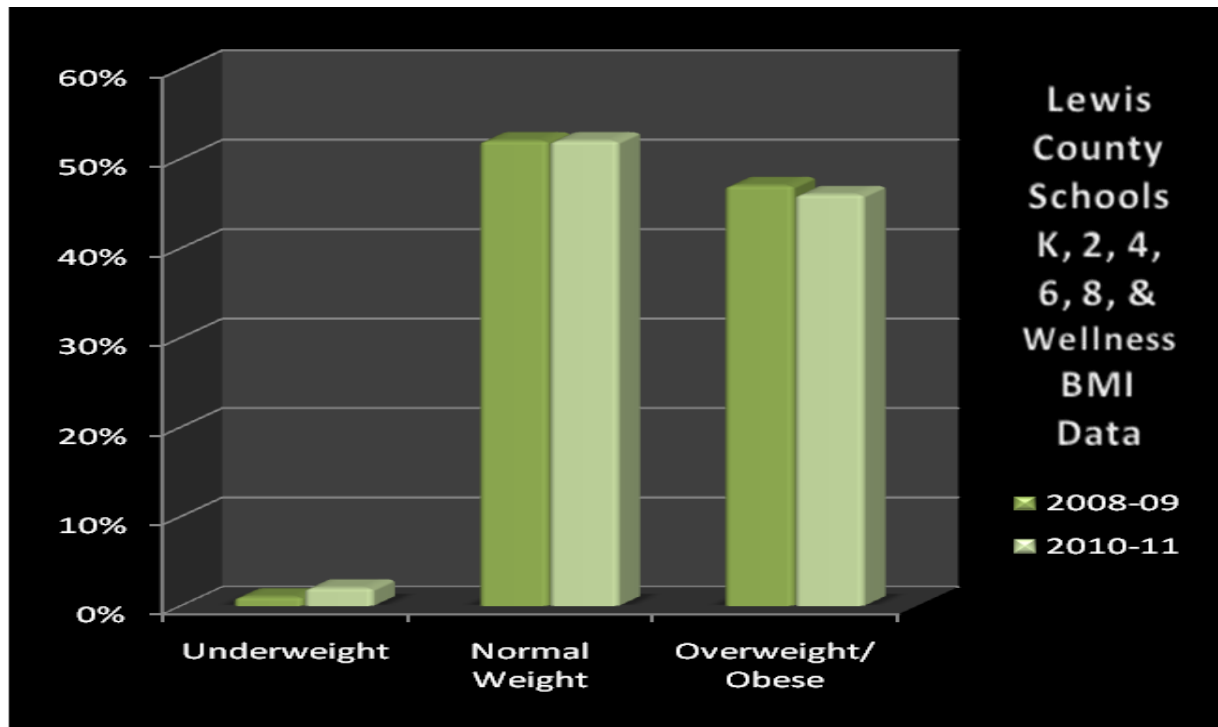
Students have been seen by a school nurse and returned to class. Based on preliminary data for the 2010-11 school year, the Lewis County School System's return to class percentage is 93.73%.



BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

BMI data for the 2010-11 school year is as follows for K, 2, 4, 6, 8, and High School Wellness

Underweight	2%
Normal Weight	52%
Overweight/Obese	46%



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include partnering with S.C.O.R.E. to provide an indoor fitness center, playground equipment, Michigan Model, C.A.T.C.H, and Take 10! Curriculum;

Professional development has been provided to school health staff such as counselors, physical education teachers, and nurses. Examples include: TAHPERD for physical education teachers, Michigan Model training, Take 10! training, National School Nurses Conferences in Chicago, Mean Girls Workshop for guidance counselors, and Yes 2 Kids Conference; and

School faculty and staff have received support for their own well-being through a weight maintenance program, physical activity log incentives, work-out videos available for check out in Fitness Center library, quarterly newsletters, and teacher appreciation tents at field day.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – curriculum purchases such as Michigan Model, Catch, Take 10!, resources for health education such as models, diabetes education funded by Project Diabetes;
- Physical Education/Physical Activity Interventions – monitoring 90 minutes of physical activity law, playground improvements, addition of a walking track, and physical education equipment purchases;
- Nutrition Interventions – Fresh Fruits and Vegetables grant for 2 years, work with school nutrition supervisor, monthly Nutrition Nuggets and Food and Fitness newsletters sent home and available online at our website;
- Mental Health/Behavioral Health Interventions – monthly guidance meetings, hosted tri-county guidance workshop, purchased materials to assist this curriculum, especially those geared toward health education

CSH wrote the Project Diabetes grant for \$250,000 and was awarded. This grant was able to provide health education materials for health education, playground equipment at Lewis County schools (open to the public after school hours and in the summer), a walking track for Lewis County schools (open to the public after school hours and in the summer), basketball court for Lewis County schools (open to the public after school hours and in the summer), and playground equipment for the community park.

CSH and guidance partnered with a local business including Lewis County Food Bank and Second Harvest Food Bank of Middle Tennessee to provide a Backpack Buddies program for Lewis County Elementary School students. We served 30 students.

CSH and guidance partnered to create a clothing closet for grades Pre-K through high school.

The Lewis County School System received the Eat Well, Play More grant to increase physical activity opportunities (\$20,000) by adding more playground equipment.

Coordinated School Health in the Lewis County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sasha Powers, at 931-796-3324.



Lexington City Schools District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lexington City School System in 2006.

An infrastructure for CSH has been developed for the Lexington City School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include wellness policy, mental health policy, CSH policy, nutrition policy, physical education/physical activity policy, comprehensive health education policy, health services policy, staff wellness policy, healthy school environment policy, and the student family community involvement policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$119,300.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Quinco Mental Health
- UT Extension Agency
- Henderson County Community Hospital
- Henderson County Health Department
- Henderson County Chamber of Commerce
- Carl Perkins Child Abuse Center.

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Healthy School Teams, PTA, Kite Day, Santa Run, health screenings, family orientation meetings, Back to School Bash, Back Pack Program, 2nd Harvest Food Bank Distribution, poverty simulation, Healthy Steps. Currently, 20 parents are collaborating with CSH.

Students have been engaged in CSH activities that include health screenings, Santa Run, Kite Day, Healthy School Teams, 2nd Harvest Food Bank Distribution, bicycle safety, classroom movement learning activities. Approximately 15 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lexington City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –

Year	Students Screened	Referrals Vision	Referrals Hearing	Blood Pressure	Scoliosis
2007-08	604	170	76	8	20
2008-09					
2009-10	561	83	33	1	20
2010-11	1051	165	49	3	55

93 % of the students who visit the nurses return to class. In 2010-11, 5813 students have been seen by a school nurse and 5412 have returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Wii's, iPods, projectors, physical education equipment, journals, curriculum resources, climbing wall, treadmill, recumbent bike, free weights, exercise videos, playground equipment, scales, blood pressure cuffs, screening equipment, counseling materials, and health related videos;

Professional development has been provided to school health staff, counselors, physical education teachers, school psychologist, all teachers and staff, and café employees. Examples include Why Try Training, NCYI Institute, Registered Dietician working with café employees, southwest chat sessions, RHAT Conference, TAHPERD Conference, Fit for the Future Conference, TN Suicide Prevention Network meetings, allergy, bloodborne pathogen training, CPR training, and CSH Grand Regional Conference;

School faculty and staff have received support for their own well-being through blood pressure and weight checks, flu shots administered on campus, Zumba classes, pedometers, and allergy, bloodborne pathogen, and CPR training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model, individual counseling, diabetes counseling, at-risk follow-ups, Power U bicycle and sun safety training, and depression and suicide training
- Physical Education/Physical Activity Interventions – ribbon dances, alphabet exercises, Dr. Jean Feldman’s songs, riding tricycles, throwing and catching balls, hoola hoops, jump rope, punching out sounds, dancing and singing, Jack Hartman’s Exercising Songs with Numbers and Movements, exercising with Rainy Day Recess from United Streaming, movements teaching size of letters, tall, middle, and short, Verb Rap, Punch Out Punctuation, Four Corners, body-stretching/brain-stretching exercises, and square dancing and line dancing
- Nutrition Interventions – work with Registered Dietician, mental health/behavioral health interventions, mental health training through Jason Foundation, and suicide prevention

Coordinated School Health in the Lexington City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Melanie Douglas, at 731-968-8457 X431.



Lincoln County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lincoln County School System.

An infrastructure for CSH has been developed for the Lincoln County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include a wellness policy, mental health policy, school safety policy, and a bullying policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$50,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Family Resource Center
- Lincoln County Health Department
- Lincoln County Health Facilities
- Health Council
- Agencies Serving Kids
- Patrick Wellness and Rehab Center
- UT Extension Office
- Lincoln County Anti-Drug Coalition
- Motlow State Community College

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy School Teams, school health fairs, Back to School Health Fair, health screenings. Currently, 32 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Students Against Destructive Decisions, school health fairs, Anti-Drug Coalition, FCCLA, Drug Take Back Program, health issue debates in high school drama and English. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lincoln County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 5751 students screened, 2373 referred;

Students have been seen by a school nurse and returned to class – 34,000 seen by a school nurse, 30616 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 42% of students screened for 2010-2011 school year overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: physical education equipment, fitness rooms, walking track, curriculum, and staff wellness exercise programs; and

Professional development has been provided to school health staff in the form of Tennessee Association of Physical Education. Recreation and Dance for P.E. teachers, School Nurse Alliance Workshop, physical education PP certification for nurses, CPR re-certification for physical education teachers and nurses, administrators and counselors workshop for counselors, Olweus training for school staff, Healthy Bodies, Healthy Minds workshop for counselors, Southeast Law Enforcement Training for SRO's, bullying prevention training for SROs, bullying prevention training for counselors, mental health training for counselors, CSH annual conference, Rural Health Association annual conference, and regional CSH professional development sessions.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – the Michigan Model curriculum has been introduced to all elementary schools and made available for counselors to use in guidance lessons as well as for classroom teachers to use in classrooms;
- Physical Education/Physical Activity Interventions – additional physical education equipment has been provided to school so that all students can be actively involved in activity during the physical education class. Most class periods double up on classes and some students have had to sit out and wait on their turn to use the equipment. Also, all students receive the mandated 90 minutes of physical activity per week with most students now receiving 130 minutes of physical education/physical activity per week;
- Nutrition Interventions – menus have been adjusted to provide nutritional requirements without the fat and sugar. Bulletin boards have been provided for cafeterias to stress the importance of good nutrition to students. The nutrition supervisor provides lessons

for classrooms as well as individual nutrition/weight counseling for students and teachers;

- Mental Health/Behavioral Health Interventions – a mental health intervention team has been developed called the STAR Team (student/teacher at risk team). The team assesses students that are at risk of failing, dropping out, or getting in trouble and develops an action plan to try to help the student be successful. Counselors provide individual school interventions for students on a daily basis.

Coordinated School Health in the Lincoln County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Carman Smith, at 931-433-3939.



Loudon County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Loudon County School System.

An infrastructure for CSH has been developed for the Loudon County School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, physical activity policy, sick leave bank policy, nutrition policy, and mental health guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$3,834,817.

Community partnerships have been formed to address school health issues. Current partners include:

Health Education Alliance of Loudon (Health Improvement Council)
Loudon County Substance Abuse Prevention Coalition
Girls on the Run of Greater Knoxville (Health Educator was elected to the board in July)
Teen Pregnancy Prevention Task Force
United Way of Loudon County
Hope Resource Center
United Health Care Community
UT Extension
Salsaritas Restaurant
Girls on the Run - at Loudon Elementary School
Girls on the Run – at Philadelphia Elementary School
Girls on the Run – at Eaton Elementary School
Interagency (33 agencies represented)

Loudon County Health Department (Health Educator, Immunizations, Tenndercare, dental clinic, TennCare, Volunteer State Health Plan, Coverkids)
Lenoir City CSH
Loudon County Education Foundation
Ninth Judicial District, Attorney General
Lenoir City Police Department
Lions Club
Loudon Police Department
Loudon Sheriff's Department
Child Advocacy Center
Well Child, Inc
Health Occupation students at Greenback High School and Loudon High School
Monroe County Teen Pregnancy
Loudon County Family Resource Center
Lenoir City Family Resource Center

Safe Haven: Crisis and Recovery Center for Sexual Assault
TVA
Helpline
Loudon Parks and Recreation Department
Loudon Volunteer Police
National Guard
Second Harvest
Epilepsy Foundation of East Tennessee
East Tennessee Children's Hospital/Safe Kids
Blue Cross/Blue Shield of Tennessee
Ask a Nurse
Mid East Head Start
Women's Wellness and Maternity Center
East Tennessee 2-1-1
Good Neighbors Shoppe
Get With It
Chota Health Systems

Good Samaritan Center
March of Dimes
Healthy Families East Tennessee
Loudon County Literacy Council
East Tennessee Council of the Commission on Children and Youth
Tellico Village organizations
Rotary Club
Kiwanis Club
Just Wait
Break the Cycle
Angel Food Ministries
Loudon County Government
Cherokee Health Systems
Wal-Mart
TN Voices for Children
Loudon County Literacy Council
Rural Metro

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy School Teams, Family Resource, Girls on the Run, system's Family Engagement, system's CSH Advisory Committee, P3 program, Walk-a-thon fundraisers, and school health screenings. Currently, 80 parents are significantly involved in CSH activities and programs and are collaborating with CSH. Many more are involved in specific events related to one of the CSH components.

Students have been engaged in CSH activities such as P3, Positive Peer Pressure at both Loudon County High Schools (Loudon and Greenback) and Lenoir City High School; middle school MP3 was introduced this school year. Girls on the Run, Health Occupation students help with health screenings and field day first aid stations, graphic arts student at Loudon High School created CSH related information. Approximately, 176 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Loudon County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – During the evaluation period 2003-2010, the total number of health screenings per year (vision, hearing, blood pressure, BMI, and dental) averaged 9556 health screenings per year (995,560). The average for past years for referrals was 5% (49,778);

Students have been seen by a school nurse and returned to class – the average number of student visits to a nurse was 5.5 visits per student between 2003 and 2010; 88.1% of students (1,695) seen by a nurse were returned to class in Loudon County;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data from school year 2010-2011 showed that the percentage of students who were overweight or obese was 44%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a CSH Staff Fitness and Wellness Center for the school system employees and students in the Alternative School, new ropes course playgrounds at all elementary Schools, Beanstalk Fitness Ropes courses at all Middle Schools, Wii and Wii Fit for all schools, climbing walls, new physical education equipment and curriculum for all schools, treadmills and elliptical equipment for high school students, and a new track is under construction at Loudon High School that will serve six schools on the southwest end of the county and the community as a part of a diabetes prevention program; and

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Child Abuse Awareness and Reporting, bloodborne pathogens, Cultural Diversity, MRSA, food safety, energy drinks, Olweus bullying, sexual harassment, discrimination, Michigan Model, mental health 101, Take 10!, SMART Moves, RHAT, CSH conferences, Safe Dates, Beanstalk Journeys Training, Beanstalk Fitness Ropes Course Trainings, CPR trainer classes for nurses and CSH coordinator, CPR classes for students and staff and faculty, School Health Index training, and Covenant Health Systems 10-K-A Day walking program;

CSH has over the years provided full and/or partial funding for personnel to participate in the following state and regional trainings and conferences: Rural Health Association of Tennessee, Tennessee Association of School Nurses, TSNA Tennessee School Nutrition Association, ASNA American School Nutrition Association, Tennessee Association for Health Physical Education and Dance, Fit for the Future, American School Health Association, TSCA Tennessee School Counselor Association, CSH Conferences, Partners In Education, and a Tools for Schools: Indoor Air Quality seminar from the Environmental Protection Agency was provided twice to all Loudon County Schools and to neighboring school systems to help them assess and correct indoor air quality issues in their schools; and

School faculty and staff have received support for their own well-being through a system wide staff fitness center, 5K for staff and students, walking programs at schools, step aerobics after school, ongoing promotion of Get With It: nutrition and fitness classes that include: Aerobics, Steps Class, Total Body, Weight Training, Nutrition, Fit and Tone, Zumba, Walking, Body Sculpt and health screenings at schools, the staff fitness center and other sites in the community, health screenings at schools, Weight Watchers programs on site at schools, a Loudon County Schools team to participate in Leukemia Lymphoma's Team In Training Marathon/Half marathon, school faculty and central office teams for Race for the Cure, and a system wide Biggest Loser competition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – a full time Health Educator was hired in 2007, staff and faculty have been trained in Michigan Model curriculum, Take 10! energizers, nutrition curricula , Safe Dates, SMART Moves, and health screenings;
- Physical Education/Physical Activity Interventions – Walking Works for Schools and other walking programs including Covenant Health Systems 10-K-A Day, and Walk Across America/Walk across Tennessee, Walking Around the World, increased weekly physical activity minutes to be in compliance with state law all schools meet the 90 minutes weekly, Beanstalk Fitness Playgrounds at all elementary Schools, Beanstalk Fitness Ropes Courses at all middle schools, BOOST UP/SMART moves training for all elementary schools, a new walking and running track is under construction to serve schools and the community on the west end of the county, and Fitness is Fun 5K Walk/Run with training sessions at some schools to prepare;
- Nutrition Interventions – Health Educator hired provides nutrition classes and trains staff, UT Extension/ TNCEP personnel provides nutrition classes and training teachers to teach nutrition, fried foods eliminated from school cafeterias, more salad bars introduced in school cafeterias, milk vending machines in selected schools, nutrition resources provide to physical education and wellness teachers, Got Milk campaign at Loudon High School, Project Diabetes grant activities initiated;
- Mental Health/Behavioral Health Interventions – professional development for teachers and counselors, addition of a school social worker for three years and social work interns from the University of Tennessee, and networking with mental health agencies for better understanding of services.

One of our greatest strengths is in the number and quality of community partners we have developed and worked with over the years. By cultivating relationships with community partners we have been able to bring resources to students, their families and to our faculties and staff which would not have had entrance without having a CSH Coordinator in place. We are proud of our great working relationship with the Loudon County Health Department and its director, who is very supportive of Coordinated School Health. Through Coordinated School Health, school nurses, administrators, school staff and parents are better informed of the services of the Health Department for our students and their families. We have worked together for the past three years to administer the flu mist in our schools with has helped to improve the health of our children. We are working with the Health Department to provide diabetes prevention information and activities to our students and our community.

Coordinated School Health in the Loudon County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to

student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Melisa Fuhrmeister, at fuhrmeisterm@loundoncounty.org.



Macon County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Macon County School System.

An infrastructure for CSH has been developed for the Macon County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and the sick leave bank
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$29,095.00.

Community partnerships have been formed to address school health issues. Current partners

include:

Local Health Council

Staff Coordinating Council

Healthy School Teams

Macon County Health Department

CSH Coordinator and Assistant serve on
Community Advisory Board (CAB)

CSH Coordinator serves on Wellness Council
(partnership with Health Council) and sponsors
Annual Makin Macon Fit Family Fitness Festival

CSH partners with Vanderbilt to sponsor
Girlforce/Boyforce workshop for all 5th grade
students

National Guard Armory

Nestle Waters

Regional Health Department

Macon County Sheriff's Department

Local Fire Department

Lafayette City Police

Macon County General Hospital

Macon County Lion/Lioness club

Local EMS, Air Evac, and Vanderbilt

Local Wal-Mart

U.T. Extension office

Piggly Wiggly

Susan Koman Foundation

Save-a-lot

Tennessee Tech

Upper Cumberland Coordinators

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Makin Macon Fit, Macon County Health Council, School Health Teams, Girlforce/Boyforce, Red Ribbon Week, BMI screenings, hearing/vision screenings, Backpack Program. Currently, 75 parents are collaborating with CSH.

Students have been engaged in CSH activities including Makin Macon Fit, Macon County Health Council, School Health Teams, Girlforce/Boyforce, Red Ribbon Week, BMI screenings, hearing/vision screenings, Backpack Program, and Parent/Teacher conferences. Approximately, 90 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Macon County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – total number screened BMI, Vision, Hearing, Blood Pressure, and Scoliosis = 4358. There were 130 Vision referrals, 37 hearing referrals and 749 BMI referrals;

Between (2004 and 2010) 87.3% of students seen by a nurse were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails for five elementary schools, salad bars for school cafeterias, AED's, exercise equipment, Michigan Model curriculum, Take 10! curriculum, nutrition materials, anti-tobacco materials, scales, audiometers, and vision screening equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education/wellness in-service at Tennessee Tech, Michigan Model training,

Take 10! training, OSHA training, Rural Health Association of Tennessee Conference, American School Health Association Conference, and TAPHERD; and

School faculty and staff have received support for their own well-being through staff screenings, BMI, blood pressure, blood sugar, flu and H1N1 shots, hepatitis shots, weight loss groups. *Biggest Loser*, *Do you know your Weigh in?*, and Zumba classes.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Health Educator hired, Growing Healthy training and curriculum, assets program, Cumberland Crisis (abstinence program), Get Real about AIDS, CPR/ first aid training, Michigan Model curriculum, and Tar Wars program;
- Physical Education/Physical Activity Interventions – Blue Cross Walking Works for Schools, Presidential Challenge, 90 minute physical education/physical activity law, walking trails established, Makin Macon Fit, Girlforce/Boyforce, and Balance First program;
- Nutrition Interventions – Vending Law (Grades k-8), diabetes awareness, Michigan Model curriculum, Take 10! curriculum, nutrition education through various outlets, Health Department, UT Extension, Makin Macon Fit, Girlforce/Boyforce, Carb Counts, and sugar free soft drink vending
- Mental Health/Behavioral Health Interventions – Mental Health Grant providing mental health counselor at Westside Elementary School and a Mental Health Team formed.

Coordinated School Health in the Macon County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jackie Sircy, at 615-666-2125.



Madison County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Madison County School System in 2007.

An infrastructure for CSH has been developed for the Madison County School System includes:

- School Health Advisory Committee
- Twenty-eight Healthy School Teams
- School Health Policies strengthened or approved include the Student Wellness Policy, Emergency Allergy Response Plan Interscholastic Athletics including CPR training mandate for all coaches and band directors, Emergency Preparedness Plan including Automated External Defibrillator (AED) and Pandemic Flu/Medical Emergencies, Student Psychological Services including Mental Health Administrative Procedures, Confidential Communication of Students, Child Abuse and Neglect, Basic Program (Family Life Instruction), Acquired Immune Deficiency Syndrome, Medicines, Personnel Health Examinations/Communicable Diseases, Student Discrimination/Harassment/Bullying/Cyber Bullying/ and Intimidation, Drug-Free Schools, Community Use of School Facilities, and the Joint Community Wellness Policy approved and adopted between Jackson-Madison County School System, City of Jackson and Madison County.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA since 2007 totals \$1,479,848.

Community partnerships have been formed to address school health issues. Current partners include:

Jackson Business and Professional Women's
Association

Chamber of Commerce

Proctor and Gamble

Sam's Club

Jackson Rotary Club

WTHC Foundation

East Jackson Family Medical Clinic

JCT School Health Clinic

Murray State College

CHAT health council

Smiles and Blessings Dental Clinic at JCM

Methodist Lebonheur

The Jackson Sun newspaper

West TN chapter of TSPN Lions Club

Kiwanis Club

Cigna

BCBS

City of Jackson and Madison County Parks and
Recreation Depts.

WRAP

West TN Cancer Coalition

Arthritis Foundation

Tennessee Tech

Union University

Lambuth University

Lane College

Jackson State Community College

University of Memphis

UT Extension

UT Medical Group

Community Anti-Drug Coalition

SNAP

TNCEP

EFNEP

TennderCare

JMC Health Dept.

Jackson Madison County General Hospital

Regional Hospital

Women's And Children's Center

Sports Plus

Red Cross

American Heart Association

Alliance for a Healthier Generation

American Cancer Society

Jumpstart Jackson
Community Health Council

Boys and Girls Club

TCCY

Solus Performance Pro-Kids foundation

TSPN

RIFA

Area Relief Ministries

TN Obesity Task Force

RHAT

NASN

TASN

JMCSS Family Life Committee

National League of Cities

National Recreation and Parks Association

American Association of School Administrators

CDC Achieve

JMCRHD Epidemiology and Emergency
Response Dept.

Governor's Highway Safety Coalition

TN Voices for Children

Project Teach

PTO's

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Healthy School Team meetings, a school wide public school celebration, PTO Meetings, JumpStart Jackson Community Wellness Walk, Parent Teacher conferences, and School Board meetings. Students in the media class at South Side High School continue to produce a 3-5 minute video of activities in the schools to be shown at the school board meetings each month. This is an excellent way to bring awareness of current events and programs in our system. During child health week, many schools allowed students to come up with ideas for physical activity and health snacks for the week. The dental clinic at JCM has a HOSA club with approximately 40 members each year that educates students about dental hygiene. At Andrew Jackson Elementary School, they have a Young Men's and Women's with 24 members. The students are nominated by the teachers and must meet a certain GPA and be a positive role model in the school. Madison Academic High School had developed a Youth Health Council as a pilot program for CSH. We are addressing areas of concern that the students see as a priority for their school. Our health occupation classes in four high schools do many projects to focus on health and wellness for students and staff in their buildings. Some of the topics are nutrition, physical activity, cancer and heart prevention. They offer blood pressure checks for staff many times during the year. The students at each school were encouraged to walk with their families in the community wellness walk and we had 1,000 plus in attendance each year. Many high school students completed the American Diabetes Association health survey and shared the site with their parents.

School Health Interventions

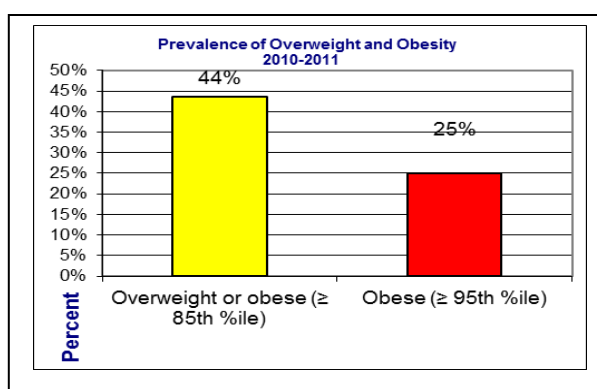
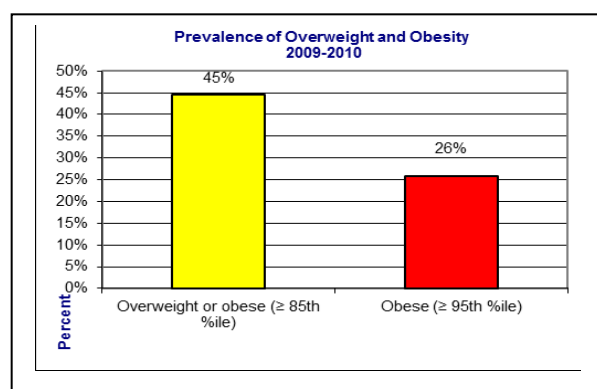
Since CSH has been active in the Jackson-Madison County School System, the following health interventions have taken place: partnering with West Tennessee Healthcare to operate a school health clinic at one of the elementary schools. South Elementary recognized by Health magazine in the September 2008 edition as being one of "America's Healthiest Schools", recognized by the National League of Cities, American Association of School Administrators and the Robert Wood Johnson Foundation as a Leadership for Healthier Communities community. The City of Jackson has been awarded an Achieve grant funded by the Centers for Disease Control for their community partnership with the Jackson-Madison County School System and other agencies in the community. JMCS has partnered with the Alliance for a Healthier Generation. Each of the 28 schools participates and Nova Elementary was selected as a Bronze winner for 2011. Automated external defibrillators (AED's) have been placed in each of the 5 high schools courtesy of the local Kiwanis Club of Jackson. General Mills Champions grant recipient received for the intermediate schools. School Nutrition was awarded a USDA

Best Practice award in 2011. School Nutrition has been awarded multiple fresh fruit and veggie grants and this continues to expand each year.

During the 2010-2011 school year, 7,106 School Health Screenings and 1,396 Referrals to Health Care were provided for our students;

During the 2010-2011, data shows 13,314 student visits to the school nurse. 87% of those students were returned to class, 5% sent home and 8% sent to a medical provider or other provider;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data has been collected for the past four years, the most recent data shows a 1% decrease in the overweight and obese categories;



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking tracks, fitness centers for staff, students and families, Spark curriculum, Michigan Model curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: SPARK training for the physical education teachers in-service, Alliance for a Healthier Generation training session for physical education and wellness teachers and school counselors, Prevent Blindness training for CSH staff and school nurses, asthma, diabetes and seizure training for nurses, medication administration training for staff, CPR, AED and first aid training for staff; and

School faculty and staff received support for their own well-being through fitness centers at schools, Zumba classes, discounted rates at local gyms and nutrition centers, on-site Weight Watchers classes, on site health screens and immunization clinics, and School Health Clinic services for all staff and their families.

Specific interventions have been made in the following areas to address childhood obesity and behavioral issues:

- Health Education Interventions – Michigan Model curriculum for all schools;

- Physical Education/Physical Activity Interventions – SPARK physical education in services and curriculum for all schools;
- Nutrition Interventions – Breakfast in the Classroom, Fresh Fruit and Veggie grants, and student wellness policy addressing snacks and class parties;
- Mental Health/Behavioral Health Interventions – administrative procedures for mental health intervention and referral guidelines, MOU's with local mental health providers, and training for staff.

Coordinated School Health in the Jackson-Madison County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Annette Wilson, at 731-664-2516.



Manchester City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Manchester City School System.

An infrastructure for CSH has been developed for the Manchester City School System that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- Three Healthy School Teams
- School Health Policies strengthened or approved include a new mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$96,146.00.

Community partnerships have been formed to address school health issues. Current partners include:

Smiles for Tomorrow Committee	Coffee County Anti-Drug Coalition
Sportsmen and Businessmen Club	Centerstone
Dr. Dean Honeycutt - Dentist	Coffee County Mayor's Office
Dr. Peter Shelton-Dentist	City of Manchester
Coffee County Schools	Dr. David Florence
United Regional Medical Center	Coffee County Health Department
Harton Regional Medical Center	TN Department of Health
Community Foundation of Middle TN	TN Obesity Task Force
Walmart of Manchester	Children's Advocacy Center
Coffee County Health Council	Adult Literacy Council

Girls Scouts	Spring Street Market
Coffee County Sheriff's Department	TN School Health Coalition
Coffee County DARE Program	Rural Health Association of TN
Manchester City Family Resources Department	Coffee County High School Culinary Arts Students
Coffee County Family Resources Department	College Street Elementary Healthy School Team
Food Lion	Westwood Elementary Healthy School Team
UT Extension Agency	Westwood Junior High Healthy School Team
Manchester Parks and Recreation Department	"The Health Nut"
Eat Well Play More Coffee County	Creative Health Consultants, Inc.
Parkpalooza Planning Committee	Manchester Housing Authority
Marcrom's Pharmacy	Tulahoma City Schools
Manchester Police Department	The Manchester Times
Dr. Anderson	The Saturday Independent
Dr. Irving	Agencies Serving Kids
Partners for Healing	TASN
Rogers Group	NASN
American Heart Association	USDA
Dotson's Produce	TAPHERD

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as healthy school teams and annual health screenings. Currently, 11 parents are collaborating with CSH.

Students have been engaged in CSH activities such as College Street Cougar Catwalk, Jump Rope for Heart, and Red Ribbon Week activities. Approximately, eight students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Manchester City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2010-2011: 861 students screened and 434 referred;

Students have been seen by a school nurse and returned to class – 2010-2011: visits to the school nurse - 7,707 and returned to class – 6,874;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. During the 2007-2008 school year, 40% of Manchester students were overweight or obese. Our 2010-2011 data shows the BMI rate to have dropped to 36% overweight or obese. Also, 51% of our 6th grade students were overweight or obese in 2007-2008, but in 2010-2011 the now 9th grade class reduced their BMI rate to 43%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include outdoor fitness tracks for 2 elementary schools, basketball goals for new court at one school, a hot/cold breakfast cart, a walking trail, new physical education equipment, health screening equipment, and the Michigan Model for Health curriculum;

Professional development has been provided to school health staff including Michigan Model training for staff, Take 10! training for staff at two elementary schools, annual CSH training for all employees, mental health 101 training for faculty, TASN Conferences for three nurses, annual Rural Health Association of TN Conference, annual CSH Institute, CSH workshops, regional mental health training for three staff, CSH evaluation training for Staff Coordinating Council, weight loss seminar for two nurses, school board updates and presentations. The CSH Coordinator conducted Excel training for Family Resource Directors to work more efficiently with CSH; and

School faculty and staff have received support for their own well-being through staff weight loss competitions, discounted employee massages, and after school fitness opportunities like Zumba and boot camps.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model for health is taught in all three schools;
- Physical Education/Physical Activity Interventions – the “Take 10!” curriculum is in every classroom as a tool for lesson plans that include physical activity. The Manchester City School System is in compliance with the 90 minute per week physical education/PA law;

- Nutrition Interventions – Westwood Elementary has received a Fresh Fruit and Veggie Market Day grant for 2 years which enabled them to provide fresh fruit and veggie snacks for all students each day and teachers were able to use fruit and veggies in their lessons. Both of our elementary schools have started offering Grab–n-Go Breakfasts to ensure students eat breakfast. Fryers removed from both elementary schools;
- Mental Health/Behavioral Health Interventions – the referral form that teachers use to refer students for needs was updated, and mental health training was provided for all staff. Also, we were able to get a mental health policy approved by the board and implemented.

Coordinated School Health in the Manchester City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Michelle Vaughn, at mvaughn@k12tn.net.



Marion County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Marion County School System.

An infrastructure for CSH has been developed for the Marion County School System that includes:

- ▶ School Health Advisory Committee
- ▶ Nine Healthy School Teams
- ▶ School Health Policies were strengthened
- ▶ Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 123,842.78.

Community partnerships have been formed to address school health issues. Current partners include:

Grandview Medical Center

Marion County Food Bank

Caring Inc.

Christian Women's Job Core

Marion County Health Council

Marion County Jaycees

Community Advisory Board

Marion County Sheriff's Department

RHATS

Jasper City Police

TN. National Guard

TNCEP

TENNderCARE

Vicki Lofty – UT Extension Office

Lions Club

Joyce Clem- Health Services for Marion County

Abby Walker- TN. Dept. of Health-HUGS Program

Dee Harwell- Dynamic Dietetics Inc.

Volunteer Health of Blue Cross Blue Shield

American Heart Association

Johnson's Mental Health

Mtn. Valley Mental Health

Marion County Ambulance Service

South Pittsburg Cornbread Festival

Kimball Police Dept.

Damien Duggar / Marion County News Paper

WEPG Radio

Rebecca's Fitness

The Fit Stop

Lodge Manufacturing

Regional Health Council

Jeannie Angle- JES- Parent Involvement

Kristy Blansett- MCHS Parent Involvement

Sonya Turner-JES/ OEIC- Outdoor Educational Initiative Committee

Nicole Condra - WES Parent Involvement

Jennifer Rose- Relative Care Giver Program

Howard Cotter- Marion County Three Star Program

Nicole Cobb- School Counseling

Steve Lamb-SRT Safety, AED training

AmeriChoice

Ronald McDonald Dental Mobile

Judy Graham- Sequatchie Valley Head Start

Cathy Black- SVEC

Sheila Beard- Chair for Marion County Health Council

Stan Mannon / Beth Webb-Richard Hardy Memorial School

Willie Richardson – First Things First

John Graham – Marion County Mayor

Marion County Junior Miss 2011- Paige Case

EYES – Educating Youth Ensures Success – Lorraine Powers

South Pittsburg Housing Authority

Brad McCormick-Chattanooga State

Julie Bennett-Chattanooga State

Brett King- Marion County News

Pam Dunn-SETHRA

Jason Hart-First Things First

Teresa Walker-Partnership For Families, Children and Adults

David Riley-Marion County Newspapers

Eddie Moore-First Volunteer Bank-South Pittsburg

Sammy Burrows-First Volunteer Bank Insurance-South Pittsburg

Alinda Richards-First Volunteer Bank-Jasper

Robert Slatton-TN METH Task Force Drug Trailer

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. CSH conducted Health Screenings at 9 schools. 4/5 parents volunteered at each school. Fifty parents participated in the “Healthy Horizons” day and learned about cooking healthy and food preparation during their cooking class with the chef. They also participated in the other activities, 15 parents attended the partnership meeting with Family and Consumer Science teachers, 20 parents attended the parent involvement meetings at Whitwell Elementary School, 25 parents attended the “Healthy Choices” presentation at Whitwell High School. Currently, 155 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include MCHS “Warriors in Training” which provides students with various after school activities 3 days a week. Teachers volunteered to lead activities. Community partners also offered activities for students to participate in. The number of students participating varies with the activities, but over 100 signed up this school year to participate. (2010-2011). 60 MCHS students provided CSH with food for the Food Bank, 75 MCHS students donated toys to the Jasper Jaycees, 25 helped CSH and the Jaycees with the children’s Christmas party, 30 students participated in the SADD program and provided information about drinking and driving, seatbelts, and safety before prom, and 4 students from MCHS attended the Anti-Drug Coalition meetings and gave concerns and comments during the meeting. Approximately 269 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Marion County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1431 students were screened for vision, hearing, blood pressure and scoliosis. A total number of 109 students were referred to follow up with a physician;

Students have been seen by a school nurse and returned to class – 5436 students were seen for the 2010/11 school year, 1113 students were sent home, and 4323 students were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. They include physical education equipment-playground balls, soccer balls, footballs, basketballs, Frisbees, cones, jump ropes, hand weights, Michigan Model curriculums given to 3 elementary physical education teachers and 1 Family/Consumer Science teacher, Take 10! materials provided to 32 teachers at Jasper Elementary School, office supplies-copy paper, notebooks, pens, tape, paper clips, staplers, staples, binders, labels, shipping labels, wipes for health screening equipment, printer ink cartridges, envelopes, dividers, page protectors, rubber bands, and DVD's for Warriors in Training/MCHS;

Professional development has been provided to school health staff to include CSH shared information regarding school data at in-services, CSH presented information and school data at meetings with parent involvement committees about physical education/physical activity, health, nutrition, and academic success, 32 teachers were trained in Take10! and provided materials at Jasper Elementary. The principal and assistant principal attended, but did not take the materials. CSH provided in-service for 53 nutrition service staff members and director August 6, 2010. The meeting was held to review policies and to promote participation in Healthy School Teams. Our contract dietician presented on suggestions for Healthy Eaters, Shaping Healthy Eaters and marketing ideas to increase participation in breakfast and lunch programs, Health Services director provided training on OSHA policy for bloodborne pathogens, distributed information to staff and parents on the dangers of flu shots to all employees who wanted them. Counselors attended staff development outside the county and presented the information at their schools. CPR certification and first-aid training was provided to teachers and staff that are on each schools crisis response team. On-line nutrition education classes were offered to staff members. Staff members signed up during county wide in-service at the beginning of the school year. CSH's contract dietician conducted these classes. Topics covered were diabetes, high blood pressure, weight loss, healthy diets, vegetarian diets, vegetarian diets for infants/children and high cholesterol. CPR training was provided to all staff members that are on each school's crisis response team. CSH hosted a chat session for regional coordinators.

Staff wellness activities included CSH hosted physical education teachers in ½ day in-services August 4, 2010 and January 6, 2011.

CSH hosted counselors for Mental Health Staff Development August 4, 2010 and January 6, 2011.

CSH provided in-service for Nutrition Staff August 5, 2010.

CSH provided an overview of CSH at in-service for staff.

CSH taught Nutrition Education to classes requested by teachers at county wide in-service.

CSH offered Diabetes Awareness Classes taught by Dee Harwell-contract dietician.

TAI CHI was taught at Jasper Middle School for teachers and staff.

CSH offered Zumba classes in all 3 school districts to faculty and staff. Students also participated.

CSH provided activities for “Warriors in Training” and staff members.

CSH sent 3 physical education teachers to the TAHPERD Convention in Murfreesboro.

CSH shared information with board members.

CSH volunteered at Jasper Elementary School to lead PA with students and give the teachers breaks.

CSH sponsored 2 Youth Conferences for students at Jasper Middle, South Pittsburg Academy and South Pittsburg Elementary. The teachers attended the breakout sessions and thought they were very informative for the students and the teachers.

Staff Wellness/Interventions:

CSH taught Nutrition Education to classes requested by teachers at county wide in-service.

CSH offered Diabetes Awareness Classes taught by Dee Harwell-contract dietician.

TAI CHI was taught at Jasper Middle School for teachers and staff.

CSH offered Zumba classes in all 3 school districts to faculty and staff. Students also participated

CSH offered free health screenings for all staff members.

CSH provided weekly health/nutrition tips for all staff members.

Interventions addressing Childhood Obesity:

Fresh made pre-packaged salads were available daily at all middle and high schools for all students.

Health education was taught in Guidance, Physical Education, Wellness and Family and Consumer Science classes.

Monteagle School taught health education in their science classes.

CSH presented childhood obesity presentations at parent involvement meetings and shared information with community partners.

CSH provided training for administrators and staff members on the Mental Health Integration Grant via school counselors.

Nutrition staff promoted healthy food choices, displayed posters and educational materials, participated in the breakfast and lunch promotion week and participated in school wide functions.

Nutrition education classes were offered to parents and families on how to properly prepare meals, how to make healthy food selections, and how to prevent type II diabetes.

The RD worked with cafeteria staff promoting ideas for increasing fruit and vegetable acceptance to prevent waste in the serving lines.

CSH provided a list of alternative food choices to staff members so nutritious snacks could be offered during school, at parties and at after school activities.

CSH provided a list of easy- to –prepare snacks for faculty and staff at the county wide in –service in the fall.

CSH provided a list of items that DO NOT Meet the Nutrition Standards and advised they not be offered.

CSH worked with the summer youth program “EYES” by providing fun activities and a variety of dances the students could do throughout the summer. Educating Youth Ensures Success (EYES) is a summer program for at risk students in our area.

CSH partnered with MCHS to keep Warriors in Training. This is a program developed after our Healthy Team members looked at their students BMI results and saw the need for their students to be more active. The teachers volunteered to lead the activities. Local agencies and volunteers also worked with the students 3 days a week to offer the students activities, nutritional programs and healthy choices. New activities were added this year. The students loved the corn hole tournament, Zumba, gaga, and Tai Chi. UT Extension provided the corn hole boards and gaga courts.

A boot camp was conducted in October for 3 days. The students learned about healthy snacks and different options to choose when planning meals. The workout was very intense, but most students stuck with it.

CSH provided jump ropes, hand weights, exercise balls, floor mats, playground balls and hand held squeeze balls for the classes.

All physical education teachers provided various activities for staff and students during Child Health Week.

All 9 schools engage in some type of physical activity daily.

32 Teachers were trained in TAKE10! and provided materials at Jasper Elementary. The principal and assistant principal attended, but did not take the materials.

200 fourth grade students attended Healthy Horizons—a program presented by funds from the Project Diabetes grant.

580 Marion County High School students attended "Think Fast." This program was funded by the Governor's Highway Safety Program.

257 Students in grades 5-8, from South Pittsburg Elementary and South Pittsburg Academy, attended a Youth Conference at South Pittsburg High that dealt with issues students face daily. Speakers addressed topics on bullying, tobacco and alcohol, sexting/texting/cyber bullying, healthy relationships and healthy food choices. The TN Methamphetamine Task Force brought their drug trailer for the students to go through and view displays, watch a video and officer was on hand to answer questions. Vendors were present and gave a variety of materials (jump ropes, pedometers, Frisbees, footballs, soccer balls, sonic cards and basketballs) to the students to keep them active and moving. First Volunteer Bank donated (2) \$50.00 savings bonds.

525 Students in grades 5-8 from Jasper Middle attended a Youth Conference that dealt with issues students face daily. Presenters spoke on the same topics that were addressed at SPSHS, but also, spoke on the dangers of sun exposure, suicide and cutting. Vendors gave the same materials that were given at SPSHS.

Coordinated School Health in Marion County has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Carol Bailey, at 423-942-0945.



Marshall County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Marshall County School System.

An infrastructure for CSH has been developed for the Marshall County School System that includes:

- School Health Advisory Committee
- School Health Policies strengthened or approved include the CSH policy, health screening, and Healthy Foods and Snack Guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$213,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Marshall County Health Department
- Marshall County Health Coalition
- Lewisburg Recreational Center
- Centerstone
- S.T.A.R.S. of Nashville
- Marshall County EMT
- Lewisburg Chiropractor
- Marshall County Chiropractor Center
- Church Street Church of Christ
- Lions Club of Chapel Hill, Lewisburg, and Cornersville

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including student health screenings, flu shot clinics, parental involvement health night, healthy school teams, development and strengthening process of CSH policies and administrative procedures. Currently, 25 parents are collaborating with CSH.

Students have been engaged in CSH activities. Approximately 500 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Marshall County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2,165 screened and 1,256 referred;

Students who have been seen by a school nurse and returned to class - 8,920 visits;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, CATCH curriculum, OAE, Suresight, and scales;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD, Fit for the Future Conference, Vanderbilt Diabetes Workshop, RHAT, suicide prevention training, and Olweus Bullying Training; and

School faculty and staff have received support for their own well-being through stall wall poster health initiative, Personal Best newsletters, and Project Diabetes workout session.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – county Health Educator provides sex education as well as cyber bullying sessions for students;
- Physical Education/Physical Activity Interventions – new equipment and promotion of teachers to provide structured recess time;
- Nutrition Interventions – develop policies and administrative procedures that address nutrition issues concerning our students;
- Mental Health/Behavioral Health Interventions – providing S.T.A.R.S of Nashville counseling services and anti-bullying programs.

We incorporated three CSH sponsored sessions in the 2011-2012 school system in-service, One in service covered an all day physical education only session. Marshall County CSH is also working in conjunction with the school board policy committee to address, develop, strengthen, and promote new policies and administrative procedures pertaining to CSH, health screenings, and healthy food

guidelines. Marshall County CSH has worked with the county grant writer and as a result the school system was awarded over \$213,000 from the Project Diabetes Grant. Finally, the Marshall County CSH office has developed an office mission statement that will be included on all literature distributed from our office that states that we are committed to “Promoting and providing all students with an opportunity to live and learn healthy lifestyle behaviors.”

Coordinated School Health in the Marshall County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Deborah Wade, at waded1@k12tn.net.



Maryville City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Maryville City School System.

An infrastructure for CSH has been developed for the Maryville City School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$639,642.75. (Does not include 2007-2008).

Community partnerships have been formed to address school health issues. Current partners include:

Alcoa City Schools

Blount County Schools

Alcoa City Schools Family Resource Center

Blount County Schools Family Resource Center

Alcoa Police Department

Blount County Sheriff's Office

Alcoa, Inc.

Blount County Substance Abuse Prevention Action Team

American Heart Association

Blount County Task Force Against Domestic Violence

American Red Cross, Blount County Chapter

Blount BEneFITs

Blount Discount Pharmacy

Blount County Community Health Initiative

Blount Memorial Hospital and Lincoln Memorial University—Practical Nursing Students

Blount County Government

Blount Memorial Hospital—Business Health

Blount County Health Department

Blount Memorial Hospital

Blount County Mental Health Awareness and Suicide Prevention Alliance

Blount Memorial Hospital—Foundation and

Community Outreach

Blount Memorial Hospital—Wellness Center
and Cherokee Health (Crossfit)

Blount Today Newspaper

Blue Cross Blue Shield (Walking Works for
Schools)

Chick-fil-A

Clayton Homes

Covenant Health Knoxville Marathon and Kids
Run School Foundation

CoverKids

Daily Times Newspaper

East TN Quality Alliance

East TN Regional Health Office, School-Based
Dental Preventative Program

East TN Worksite Wellness Roundtable

Elizabeth Strawbridge, RD, LDN

Food City - NuVal

GoTrybe

Kessler Sporting Goods (Nike)

Knoxville Academy of Medicine

Knoxville Area Coalition on Childhood Obesity

Knoxville Metropolitan Drug Commission

Knoxville Track Club

Kroger

Let's Talk 101 (Family Life Education
Curriculum)

Lion's Club

Mary Beth West Consulting LLC

Maryville City Government

Maryville City Police Department

Maryville City Schools Family Resource Center

Maryville City School

Maryville College

Maryville Fire Department

Maryville Housing Authority

Maryville Middle Parent Advisory Council

Maryville-Alcoa-Blount County Parks and
Recreation Commission

Mental Health Association of East Tennessee,
Inc.

Mental Health Awareness and Suicide
Prevention Alliance

Mountain Challenge

Olympia Athletic Club

Pokey's and Sports

Safe Kids of the Greater Knox Area

Second Harvest Food Bank, Food for Kids
Backpack Program

Socle Medical Spa

Subway Restaurant

TENNder Care

Tennessee National Guard Counter Drug
Division

Texas Roadhouse

University of TN Culinary Institute

University of TN Extension Services-Blount
County, TNCEP

University of TN Nutrition Department
(Registered Dietician student volunteers)

Volunteer State Health Plan

Weight Watchers

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including field days, physical activity fundraisers, school clinics, health screenings, fitness clubs, Red Ribbon Week, Parent Involvement meetings, and school gardens. Currently, 989 parents are collaborating with CSH.

Students have been engaged in CSH activities including prom/graduation campaigns, involvement on the Community Health Initiatives, student-led physical activities, and participation on the Healthy School Teams. Approximately 1,304 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Maryville City School System, the following health interventions have taken place:

In 2010-2011, 8,713 school health student screenings were completed and 1,061 referrals were made to health care providers.

Also in 2010-2011, 14,639 student visits occurred with a school nurse. Of those visits, 12,801 encounters resulted in students being returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Grades K-4 2010-2011	<u>Boys</u>	<u>Girls</u>	<u>Total</u>
<u>Number of children assessed:</u>	585	530	1115
Underweight (< 5th %ile)	2%	3%	2%
Normal BMI (5th - 85th %ile)	63%	68%	65%
Overweight or obese (≥ 85th %ile)*	35%	30%	33%
<i>Obese (≥ 95th %ile)</i>	20%	14%	17%

Grades 6-9 2010-2011	<u>Boys</u>	<u>Girls</u>	<u>Total</u>
<u>Number of children assessed:</u>	565	579	1144
Underweight (< 5th %ile)	4%	2%	3%
Normal BMI (5th - 85th %ile)	58%	65%	62%
Overweight or obese (≥ 85th %ile)*	39%	33%	36%
<i>Obese (≥ 95th %ile)</i>	<i>20%</i>	<i>15%</i>	<i>17%</i>
*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Physical education. 2007;120 (suppl 4):s164-92.			

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Dance, Dance Revolution, Wii, and various physical education equipment.

Professional development has been provided to counselors, physical education teachers and nurses. Examples include physical education teachers attend TAPHERD, Nurses attend Diabetes Update, and courses on Safe Schools for first aid, CPR, and bloodborne pathogens must be completed by all teachers.

School faculty and staff have received support for their own well-being through employee health clinic, walking club, adventure races, discounts at local fitness clubs and pharmacy, yoga/Pilates, Weight Watchers, and an incentivized wellness program.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – offered Michigan Model training, participated in Red Ribbon Week, participated in hand washing campaigns, multiple guest speakers on topics such as drug and alcohol abuse, domestic violence, and mental health, offered mini-grants to increase health education;
- Physical Education/Physical Activity Interventions – increased physical education for Lifetime Wellness students, new physical education curriculum at Maryville Middle (fishing), offered mini-grants to increase physical education/physical activity, and established fitness clubs;

- Nutrition Interventions – Go, Slow, Whoa!, Maryville High changed breakfast menus to offer new meals in order to increase breakfast participation and offered mini-grants to increase nutrition education;
- Mental Health/Behavioral Health Interventions – reviewed and/or updated referral guidelines at each school, distributed mental health resource directory and local support group listing to school counselors and mental health 101.

Additional highlights that have been outstanding for the Maryville School System includes fitness clubs, water safety lessons, Go, Slow, Whoa! nutrition education and prom/graduation campaigns.

Coordinated School Health in the Maryville City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Heather Ledbetter, at 865-982-8968 x103.



Maury County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Maury County School System.

An infrastructure for CSH has been developed for the Maury County School System that includes:

- School Health Advisory Committee
- Seventeen Healthy School Teams
- School Health Policies strengthened or approved include wellness, Coordinated School Health initiatives, nutrition, and a la cart vending and physical activity policies.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$86,335.

Community partnerships have been formed to address school health issues. Current partners include:

Centerstone Mental Health Services	YMCA
Centerstone Prevention Services	UT Extension Office
The Pregnancy Center of Columbia	Maury County Health Council
Maury Regional Healthcare Foundation	Maury County Advisory Board
Maury Regional Medical Center	Mental Health Workgroup
Maury County Health Department	Safe Neighborhood Coalition
Well Child, Inc.	American Red Cross
Mule Town Family Networks	American Heart Association
Jr. Auxiliary Club	Boys and Girls Club of Columbia

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including health screenings, fun walks and runs, blood drives, School Wide Positive Behavior Support committees, and Jump Rope for Heart. Currently, approximately 735 parents are collaborating with CSH.

Students have been engaged in CSH activities to include hand washing lessons, awareness and prevention projects such as early colon cancer screening, sexually transmitted diseases, and student led morning exercise broadcasts. Approximately, 80 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Maury County School System, the following health interventions have taken place: student health screenings in grades K, 2, 4, 6, 8, and 9. Eight schools have AEDs, Well Child, Inc. continues to provide EPSDT screenings and EPSDT sports physicals at a reduced rate and Pre-K health screenings. We have advocated for more nurses for our county. The School Board voted to add a nurse to the budget that is currently before the County Commission for approval. The TN Department of Health Oral Health Services will screen students for their dental sealant program over the summer.

School Health Screenings and Referrals to Health Care providers – 2756 screened and 336 referred to a health care provider:

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include screening supplies and equipment, mascot and health promotional materials, Dance Dance Revolution equipment, Wii gaming systems, Take 10! and Michigan Model health curriculum, Yoga mats, suicide prevention materials, mobile vending cart for healthy breakfast project, Blue Cross Blue Shield Walking Works supplies, pedometers, and various physical activity equipment for schools

Professional development has been provided to counselors, physical education teachers, and nurses. Teachers have attended the Tennessee Association for Health Physical Education, Recreation, and Dance Conference;

School faculty and staff have received support for their own well-being through flu shot clinics and district wide Staff Wellness Challenge 2011 and Taking Care of Yourself talk offered to all faculty meetings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – use second hand smoke model, smokeless tobacco model, good lung/bad lung, gross mouth, and Lou Wheeze displays in the cafeterias; speaking with students about the dangers of tobacco use, Michigan Model 2010-2011 school year at Mt. Pleasant Elementary, collaboration with guidance counselor and physical education teacher when teaching the nutrition and physical education unit, Michigan Model teacher manuals have been purchased for all elementary schools, Michigan Model physical education supplementary materials have been purchased for all elementary schools with training to take place fall of 2011, Michigan Model social emotional supplementary materials have been purchased for all elementary schools with training to take place fall of 2011, Choosing the Best Abstinence Education for 7th grade and 9th grade, D.A.R.E. program taught by SROs to all 5th grade students, Tar Wars curriculum taught in elementary schools to 4th grade students, additional Red Cross instructor certifications, and CSH website redesigned where teachers can see all the materials available for check out for health education;
- Physical Education/Physical Activity Interventions – Take 10! for classrooms, Blue Cross Blue Shield Walking Works for Schools, Jump Rope for Heart, enrichment games from Switzerland and Mexico, and morning exercise broadcasts;
- Nutrition Interventions – no longer using fryers, all previously fried food is now baked, whole grain pastas, greener salad mixes using spinach, spring mix, or romaine with iceberg, all whole grain breads and breadings, fresh fruits served daily, low fat yogurts, completely eliminated or greatly reduced salt/butter in cooking process, and fresh large and side salads offered daily;
- Mental Health/Behavioral Health Interventions – Cowboy Up Suicide Prevention Program for 7th grade students, Mental Health Integration Team consisting of LEA and community partners, mental health 101: What Staff and Teachers Need to Know training to faculty, Centerstone Prevention Services: “Be Sharp” coping skills groups, Centerstone school based counseling services, faculty suicide prevention training provided by the Jason Foundation, various bullying prevention programs and activities district-wide, peer mentoring programs, and peer mediation programs.

Coordinated School Health in the Maury County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Christine Hollifield, at chollifield@mauryk12.org.



McMinn County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the McMinn County School System.

An infrastructure for CSH has been developed for the McMinn County School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include school wellness policy established, school health policies amended and/or strengthened, and posted on website include: administration of medicines, Emergency Allergy Response Plan, and school health policies reviewed and incorporated into manual
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$241,764.

Community partnerships have been formed to address school health issues. Current partners include:

American Heart Association	Civitan Club
Athens Area Chamber of Commerce	Cleveland State Community College
Athens Insurance	Community Advisory Board
Athens Parks and Recreation	CONTACT of McMinn, Meigs, Monroe
Athens Regional Medical Center	CoverKids
Behavioral Research Institute	Dairy Council
Blue Cross/Blue Shield of Tennessee	Department of Human Services
Caris Hospice	Englewood Police Department

GetFitTN	Optimist Club
Good Faith Clinic	Parent/Teacher Associations
Goodwill Industries	Partnership For Families
Headstart	Rural Health Association
Health Department (TENnderCare, HIV/STD Social Worker, HUGS, Regional Office)	Shriners Organization
Hiwassee Mental Health	Sight For Students
Hope Center	SouthEast Bank
Kids On The Block	Tennessee Technology Center of McMinn County
Lions Club	Tennessee Wesleyan College
Local Volunteer Fire Departments	United HealthCare
<u>McMinn County Anti Drug Coalition Aiding</u> <u>Teens (MADCAT)</u>	United Way
McMinn County Government	UT Extension
McMinn Ministries	UT Extension/TNCEP
Morningstar Ministries	Volunteer State Health Plan
National Guard Anti Drug Task Force	Woods Hospital
Newspapers In Education	YMCA
	Youth Affairs

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as obesity and teen pregnancy task forces, school health screenings, Family Fun Fair, and the Multi-Cultural Event. Currently, 81 parents are collaborating with CSH.

Students have been engaged in CSH activities such as setting up educational booths at athletic events, conducting community service projects, and conducting prom safety events. Approximately, 50 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the McMinn County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2757 students were screened resulting in 484 referrals for vision, 156 for blood pressure, 227 for hearing, 44 for scoliosis, and 957 for BMI;

849 students have been seen by a school nurse and returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Forty-four percent (44%) of students in grades K, 2, 4, 6, 8, and 9 were overweight when BMIs were measured in 2011. This data reflects a 3% decrease since the establishment of Coordinated School Health in the McMinn County School System in school year 07-08;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, playground equipment, health education curriculum, guidance counselor curriculum, recess equipment, physical education. equipment, supplies for indoor physical activity in the classroom, smoothie makers for classroom, salad bar for cafeteria, library books and DVDs;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include annual professional development for physical education teachers including new physical education ideas, mapping physical education standards, teaching abstinence education and HIV, and diabetes information, Michigan Model for health education curriculum, conducting surveys to provide the system with student high risk behavior data, First Aid for First Responders, and introduction to the Coordinated School Health model; and

School faculty and staff have received support for their own well-being through newsletters provided by CSH, promotion of community fitness opportunities, by providing fitness equipment to staff, and in arranging staff health fairs;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – purchase of Michigan Model for health education for staff who can teach individual components, abstinence based pregnancy prevention classes, partnering with agencies that provide courses on decision making skills and providing nutrition education during after school programs;

- Physical Education/Physical Activity Interventions – physical education teachers mapped out curriculum to show required standards were covered, K-5 teachers are using the Take 10! curriculum to integrate physical activity into the curriculum, 6-8 teachers are provided energizers by subject matter, physical education teachers and classroom teachers are awarded mini grants to purchase physical education or recess equipment, and teachers are provided an assortment of ways to have indoor activity during inclement weather (such as fitness DVDs, wii games, etc.);
- Nutrition Interventions – more whole grain foods and fresh fruit and vegetables offered in school cafeteria, nutrition education offered in after school programs, information provided to parents in monthly newsletters, information provided to parents on website, information provided to parents and students registering for PreK and kindergarten;
- Mental Health/Behavioral Health Interventions – MOUs established with mental health providers and mental health team (school counselors) meet regularly to discuss issues.

Coordinated School Health in the McMinn County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Norma G. Barham, at 423-746-1465.



McNairy County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the McNairy County School System in 2007.

An infrastructure for CSH has been developed for the McNairy County School System that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- Eight Healthy School Teams
- Mini Grant Awards
- School Health Policies strengthened or approved include the wellness plan, mental health policy, and the bullying policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$90,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

McNairy Regional Hospital,	Prime Care
McNairy County Health Department	TNCEP Coalition
UT Agricultural Extension Office	Modern Woodman
McNairy County Health Council	Local Area Doctors and Dentists
Tennessee National Guard	TENNderCare
McNairy County Sheriff's Department	McNairy County Fire Department
Tennessee Highway Patrol	McNairy County Mayor
Carl Perkins Center	Volunteer State
LeBonheur	Americhoice

McNairy County Drug Alliance

Kamel Klub

DCS

CAB

Juvenile Justice

Blue Cross Blue Shield

FCCLA

Family Resource Center

NHS

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include committees, school health screenings, Healthy School Teams, Got Fit McNairy, Family Fun Nights, home school coordinators, and health fairs. Currently, 326 parents are collaborating with CSH.

Students have been engaged in CSH activities that include monthly health bulletin boards, Got Fit McNairy, Senior Project, lead afterschool fitness classes, health fairs, puppet shows, drug and tobacco presentation, heart health, Kick Butts, Great American Smoke Out, Choosy Presentations, school breakfast and lunch week, Healthy School Teams, and community events

Approximately, 415 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the McNairy County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 7341 students have been screened. Vision referrals 438, hearing referrals 280, blood pressure referrals 867 and BMI referrals 2772;

Students have been seen by a school nurse and returned to class at a rate of 92.38%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a walking trail, comprehensive health education curriculum, climbing wall, fitness rooms, physical activity/physical education equipment, CSH Resource Library, and physical activity/education curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education teachers-TAHPERD, Take 10!, Michigan Model comprehensive

health education, suicide intervention/prevention, student health screening training, Sure Sight training, CPR training, I'm Moving, I'm Learning, physical education ReadyK, Obesity Forum, meth free schools, bullying, sexual harassment, Healthy Minds and Strong Bodies, Pediatric Diabetes Conference, Physical Education Academy, Fit for the Future Conference, TAHPERD Summer Elementary Workshop, CSH New Teacher Orientation, mental health 101, and responding to student threats of violence

School faculty and staff have received support for their own well-being through Get Fit/Stay Fit Staff Wellness Program, Zumba classes, yoga classes, staff wellness rooms, and flu vaccines

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model implemented, new health teacher, health screenings, dental screenings, Registered Dietician services, and Kids on the Block puppet show;
- Physical Education/Physical Activity Interventions – training for physical education teachers, grants to fund physical activity, Take 10! curriculum, physical education equipment, physical activity equipment for classroom teachers, Wii and Wii Fit, Dance Dance Revolution, Walking Works for Schools, 90 minute physical education/physical activity law, and physical activity DVDs;
- Nutrition Interventions – fryers removed, nutrition education boxes, monthly nutrition newsletter, Power U, Better Me, More Matters Fruit and Veggies, monthly fruit and veggies bulletin board, and Kids On the Block puppet show;
- Mental Health/Behavioral Health Interventions – mental health team formed, MOUs with community agencies, mental health training for teachers, and mental health 101.

Coordinated School Health in the McNairy County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Shelva Moore, at 731-645-4033.



Meigs County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Meigs County School System.

An infrastructure for CSH has been developed for the Meigs County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$65,691.

Community partnerships have been formed to address school health issues. Current partners include:

TNCEP	McMinn County Health Department
UT Extension	Cleveland State Community College
Meigs County Health Council	Tennessee Wildlife Resources Agency
Meigs County Community Advisory Board	Tennessee Department of Transportation
Meigs County Health Department	Tennessee Tech University
Tenndercare	Dr. R. Shane Roberts
Chattanooga Area Food bank	Meigs County Volunteer Fire Department
Mental Health Association of Knoxville	Meigs County Rescue Squad
The Hope Center	Tennessee Technology Center
Women's Care Center, Dayton, TN	First Things First
Southeast TN Regional Health Department	Tennessee Valley Authority
Child Advocacy Center	Walker Valley High School

Mary Ellen Locher Foundation

Decatur Police Department

Meigs County Volunteer Fire and Rescue

Tennessee Highway Patrol

Meigs County Sheriff's Department

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Open House parent events, Healthy Horizons event, Pink Out activities at sporting events, Health School Teams, and volunteering at health screenings. CSH has partnered with approximately 1,007 parents, guardians, and grandparents the past 3 years.

Students have been engaged in CSH activities that include HOSA students. Female athletes have been raising money for cancer research. They planned and implemented a physical activity fundraiser during school. Fifteen students participated in the Healthy Horizon event. Twelve students attended a "food tasting" to help make new healthy choices for the school lunch program. Approximately, 350 students are partnering with CSH to address school health issues the past four years.

School Health Interventions

Since CSH has been active in the Meigs County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers (2010-2011 data) – Vision 782 screened 185 referred, Hearing 769 screened 48 referred, Blood Pressure 769 screened 81 referred, Body Mass Index 765 screened 368 referred, and Dental 800 screened 121 referred;

Students have been seen by a school nurse and returned to class – 7,878 students were seen by a school nurse and 5,448 returned to class (2010-2011 Data);

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Meigs County's obesity rate has declined by 4% since the inception of CSH. As of 2010-2011, preliminary data shows current prevalence of overweight or obese at 42 percent;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment (National Archery in Schools program for 3 schools) badminton sets for 2 schools, lots of small item physical education equipment, Wii's and Wii' fit for all schools, nutrition education curriculum (Healthy Choices, Healthy Me), Smoothie machines and equipment for all schools, and stability balls for classroom chairs;

Professional development has been provided to school health staff development. CSH has paid each year for physical education teachers to attend TAPHERD conference and physical education in-service at Tennessee Tech, paid for nurses to attend Pediatric Diabetes in Nashville, and emergency medicine in Knoxville, and helped fund School Counselor workshop; and

School faculty and staff have received support for their own well-being through walking programs, Biggest Loser competitions, Wii's and Wii Fits for all schools, exercise videos for after school staff wellness, and dumbbells, medicine balls, and resistance bands for after school exercise program.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – tobacco education; National Guard Drug Program; Kids on the Block; SRO programs at elementary schools; Hosted Michigan Model Training for all Counselors and physical education teachers; “Just Wait” and “The EDGE” abstinence education programs; Hand Washing campaigns; Information sent home to parents about diabetes, healthy eating, fitting activity into a busy lifestyle;
- Physical Education/Physical Activity Interventions – Purchased over \$20,00 worth of physical education equipment; Wii's for schools; Dance, Dance Revolution kits for all schools; Paid for teachers to attend TAPHERD and other trainings, Yearly physical education meetings to address curriculum and needs; Intramural Program; Physical Fitness test implemented; after school intramural program for high students and staff; Meigs High and Meigs Middle continues to compete in state, national, and world competitions;
- Nutrition Interventions – Power U for all 4th graders, PreK-5 Nutrition Education classes, “Tasty Days” fresh fruit and vegetable tastings, and Healthy Horizons;
- Mental Health/Behavioral Health Interventions – Connections Relationship classes, Mental Health Association has talked to classes about depression, cutting, suicide, dating violence and mental illness, Child Advocacy provides weekly parenting and pregnancy classes, and mental health team was developed.

Coordinated School Health in the Meigs County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Connye Rowland, at 423-334-4467.



Memphis City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of Coordinated School Health in the Memphis City School System in the 2007-2008 school year.

An infrastructure for CSH has been developed for the Memphis City School System that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- 1 Full-time Coordinator
- 2 Full-time Special Projects Coordinators
- 1 Full-time Administrative Assistant
- One .30 Research Evaluator
- Eighty-three Healthy School Teams
- School Health Policies strengthened or approved
- Collaborative Relationships with Multiple Health focused agencies, organizations and groups
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,652,927.16.

Community partnerships have been formed to address school health issues. Current partners include:

MCS Board of Commissioners
MCS Division of Parent and Community Engagement (PACE)
MCS Center for Safe and Drug Free Schools
MCS Mental Health Center (Alcohol and Drug)
MCS Counseling Division (Elementary, Middle and High School Counseling)
MCS Division of Nutrition Services
MCS Department of Curriculum and Instruction
MCS Federal Programs, Grants and Compliance (NCLB)
MCS Human Resources (Benefits)
MCS Student Support Services
MCS Memphis Interscholastic Athletic Association (MIAA)
MCS Office of Research, Evaluation and Assessment

MCS Department of Communications, Marketing and Development
MCS Gang Awareness and Prevention
MCS Risk Management
Memphis-Shelby County Health Department
Healthy Memphis Common Table (Healthy Memphis)
St. Jude Children's Research Hospital
Well Child, Incorporated
Le Bonheur Children's Hospital
University of Tennessee Extension
University of Memphis Center for Research on Women
Memphis Health Center, Inc.
Healthy Kids and Teens
Planned Parenthood
Cigna

Blue Cross/Blue Shield of Tennessee
 Memphis Parks and Recreation
 Shelby County Mayor's Office
 Christ Community Health Center
 Church Health Center
 YMCA of Memphis and the Mid-South
 Memphis Pediatrics
 Memphis Chiropractic

In-School Bowling Program (Local Bowling
 Facilities: Winchester Bowl and Bartlett Lanes)
 University of Memphis- Public Health
 University of Memphis- Health and Human
 Science
 Memphis Grizzlies
 Urban Child Institute
 Memphis Dental Society

Parent and Student Involvement Developed

Parents are involved in CSH activities including annual events such as May Day/Field Day Activities, Walking School Bus, Healthy Choices Week, Pre-K Express and school health screenings. CSH presents annually at the Parent Learning Academy with a focus on student health. Annual Parent Demand Summits are conducted in all four MCS regions. Currently, 10 parents are collaborating with CSH.

Students have been engaged in CSH activities such as photo voices, peer education trainings. Approximately, 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Memphis City School System, the following health interventions have taken place:

Student School Health Screenings and Referrals to Health Care providers

Screenings	# of Screenings Provided	# of Student Referrals
Vision Screenings	72,984	7,895
Hearing	72,984	3,386
Dental	38,069	4,017
Body Mass Index	30,324	16,477
Blood Pressure	30,234	63
Scoliosis	943	1

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI Screenings totaled 30,324 screened and 16,477 referred. The BMI data of students at risk of being overweight is 36.2%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Project Adventure curriculum and equipment, bullying curriculum, basketballs, footballs, softballs, volleyballs, soccer balls, heart rate monitors, pedometers, Wii Fit Class Pack Sports Bundle, Speedminton equipment, fitness equipment for students, staff fitness areas/rooms, golfing equipment, breakfast in the classroom carts and bags, core stability balls for students and staff, stationary bikes and treadmills for student and staff, recumbent bikes for pregnant teens, Take 10!, Coordinated School Health overview, Breathe Easy With Asthma, School Health Index, healthy schools program, Healthy School Team training, in-school bowling, Walking School Bus, Speed Stacks Cup Stacking, HIV/AIDS prevention –Family Life, Michigan Model, CSH data reporting and collection, best practices in health and physical education, CPR, Fitness for Life, assessment in physical education, yoga in physical education, technology and physical education, Dance, Dance Revolution, CSH conferences and institutes, TN Association of Health Physical Education Recreation and Dance Conference, American Alliance of Health Physical Education Recreation and Dance Conference, American School Health Alliance Conference, school nurse conference, school counselor conference, Centers for Disease Control training and conferences, Pipeline Training-National Association of Sports and Physical Education, American Public Health Association, and school health conference; and

School faculty and staff have received support for their own well-being through 50-50-50 Campaign for first 50 schools with 50% completed Cigna Health Assessment wins 1 of 50 treadmills, flu shots for \$5, Cigna Health Assessment for All, Never Quit Quitting Smoking Campaign, stress management partnered with chiropractic, Memphis Vision Campaign with Southern College of Optometry, Taste Tasting of Healthy Beverages and Foods, and blood pressure screenings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

Health education Interventions – Michigan Model, comprehensive health education,

Physical education/physical activity interventions - Take 10!, SEAM (Stop Everything and Move), Project Adventure, Power of Choice, Power U, Healthy Steps,

Nutrition interventions - fruit and vegetable grant, Breakfast in the Classroom, Power of Choice, Power U, Healthy Steps, decreased access to unhealthy snacks (sweetened beverages and salty/sugared, no fried foods,

Mental health/behavioral health interventions - psychosocial assessments, crisis Interventions, positive behavior intervention supports, psycho-educational testing, alcohol and drug assessments, alcohol and drug counseling for parents, mental health counseling for individuals, families, and groups, and threat assessments.

MCS accomplishments include:

- Take 10! Trainings have taken place in all four regions to increase physical activity time while children continue to learn.
- Students and Staff of Memphis City Schools have become more conscious of healthy foods and healthy habits.
- Health education has increased through comprehensive health education, district awareness campaigns such as Healthy Choices Week, and Staff wellness initiatives.
- Physical activity and play is encouraged across the district through Walking School Buses, 5k walk/runs, Field Days, May Days, in-classroom physical activities.
- Free CPR classes continue across the district to help promote a safe school environment.
- The Fresh Fruit and Vegetable program offers a daily fresh fruit and/or vegetable for the children in 18 schools.
- Staff and Student fitness area/rooms increased physical activity for the staff and students.
- Pedometers were provided to measure steps for the walking programs.
- Heart Rate monitors were provided to measure heart rates in appropriate training zone levels.
- The Central Nutrition Center is available to parents and staff members to discuss concerns related to proper nutrition.
- Deep Fryers have been removed from all school cafeterias.
- Nutrition Services have improved the quality and taste of food, earning The Golden Carrot Award.
- Snack machines dispensing sweet and/or salty foods and sodas have been discontinued from all middle schools and many high schools with efforts to discontinue distribution in all high schools.
- Healthier Generations provided CPR anytime kits through a grant from the American Heart Association.
- Well-Child, INC. provides annual EPSDT exams and referrals for children in all Memphis City Schools.
- Regional School Health Clinics are able to diagnose and treat on-site.
- Children are receiving comprehensive dental care.
- Students have access to professional school counselors, school social workers, school psychologists, physical education teachers, and school nurses at all schools to assist with health, wellness, social, emotional and mental health needs.

Additional highlights for Memphis City Schools include:

- CSH enhanced nutrition services, physical and health education, health services, parent and community involvement, staff wellness, healthy school environment, counseling, social services and psychological services through collaboration with the various divisions providing these services.
- CSH has broadened its' community partnerships and developed a strong voice for supporting health-related issues in the city of Memphis.
- CSH is responsible for helping to improve the quality of nutrition, health and physical activity in schools. This work has been done by placing emphasis on health with signage

and health related activities that create a strong image in the school district and encouraging every school to develop a Healthy School Team.

- Coordinated School Health has purchased and provided physical activity equipment, curriculums, activities, interventions, and education for the Memphis City School district.

Coordinated School Health in the Memphis City School System has made significant contributions to the well-being of our students and staff which in turn has addressed barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jean Massey, at 901-679-3334.



Milan Special School District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Milan Special School District in February 2007.

An infrastructure for CSH has been developed for the Milan Special School District that includes:

- School Health Advisory Committee
- One Healthy School Team
- School Health Policies strengthened or approved include bullying, student wellness, 90 minute physical activity law, and the vending machine law
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 38,180.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ Milan Elementary School | ➤ DAWGS of Determination (High School Anti-Drug Club) |
| ➤ Tennessee Teen Institute | ➤ S/S Wolfe Counseling |
| ➤ Milan Middle School | ➤ Milan Police Department |
| ➤ Pathways | ➤ Trimmer's Auto Body Shop |
| ➤ Milan High School | ➤ Milan Middle School Resource Officer/DARE Officer |
| ➤ Youth Villages | ➤ Milan Elementary Parent Advisory |
| ➤ Milan Family YMCA | ➤ DARE Role Models |
| ➤ Tennessee Voices for Children | ➤ Milan Middle Parent Advisory |
| ➤ Tennessee Department of Children's Services | ➤ Gibson County Emergency Management Agency |
| ➤ EW James | ➤ Total Wellness Chiropractic |
| ➤ Gibson County Health Council | ➤ Gibson County Health Department (Department of Health) |
| ➤ West Tennessee Healthcare | ➤ Simplicity Massage |
| ➤ Gibson County InterAgency Council | ➤ Milan Fire Department |
| ➤ Milan General Hospital | ➤ Milan School Health Clinic |
| ➤ Gibson County Citizens of Action Coalition | ➤ Dale's recycling |
| ➤ TNCEP | |

➤ UT Extension

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health screenings, May Days, parent advisory council, school climate committees. Currently, 35-40 parents are collaborating with CSH.

Students have been engaged in CSH activities that include school health screenings, Tennessee Teen Institute, and DAWGS of Determination (an anti-drug group at Milan High School). Approximately 65 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Milan Special School District, the following health interventions have taken place:

Student school health screenings and referrals to health care providers – In 2010-2011 school year, 1,810 student health screenings were conducted resulting in 214 referrals;

Over 17,254 students have been seen by a school nurse since the formation of CSH in 2007. During the 2010-2011 school year, 10,267 students were seen by a school nurse and 72.5% of these visits resulted in a return to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Milan Special School District in 2010-2011 there were 3% of students measured as underweight, 61% as healthy weight, and 36% overweight/obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Dance Dance Revolution (industrial size), Wii's for all three schools with interactive games, promotional items such as exercise posters, activity handbooks, nutritional items, insanity workout series for high school, Frisbees, pens, pencils and water bottles with CSH on them, equipment used for student and staff health screenings, display board for fairs, open houses, promotion of CSH, CSH banners for all three schools in the Milan Special School District, volleyball equipment to help start the high school team, recess equipment at middle and elementary schools, physical education equipment at all three schools, Red Ribbon Week supplies at all three schools, physical activity posters to display in all classrooms for each school, office supplies, office equipment, hand sanitizers in cafeterias, Michigan Model curriculum, nutritional videos and lessons, and Mock Crash items;

Professional development has been provided to school health staff over the past four years. This includes professional development to Milan SSD administrators, school counselors, social workers, physical education teachers, nurses, and classroom teachers. They attended Obesity Summits in Dyersburg and

Nashville, TN, TNSHC Fit for the Future Conference, Coordinated School Health meetings and institutes, TAHPERD and Healthy Minds, Strong Bodies Conference in Chattanooga, TN.

All staff were provided with a few professional development days in which CSH planned a health fair complete with screenings.

School faculty and staff received support for their own well-being through tips on recipes and healthy eating, support and promotion of physical activity such as ZUMBA , classes offered at the school and through the Milan YMCA, staff Health Fairs, stress management sessions, encouragement to use the Milan School Health Clinic when needed, and the Biggest Loser for staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – dental screenings for elementary students, nutrition classes for students grades K-9, nutrition posters for all classrooms, suicide prevention classes for 7th and 9th grades, Michigan Model curriculum used in elementary and middle school classes, updated wellness policy (not approved by Board yet but revisions made), Biggest Loser competition for staff at elementary and middle schools, Health and Career Fair for 7th and 8th grade students, and health screenings conducted yearly for students grades PreK, K, 2, 4, 6, 8, 9
- Physical Education/Physical Activity Interventions – Go Girl Go program for fourth grade girls, physical activity posters for all classrooms, insanity workout series for high school wellness classes/sports' teams, updated wellness policy (not approved by Board yet but revisions made), Blue Cross Blue Shield Walking Works program for 5th graders, CSH staff assisted in the TCAP fun days, full of physical activity, May Days, teachers trained in Take 10! curriculum in elementary and middle schools, CSH hosts 5 week physical activity challenge at the middle school, Fit for Life program, fitness and nutrition taught to participants in the YMCA after school care, all 7th and 8th grade students received copies of "Born to Move", and physical education provided by CSH for Alternative Education students;
- Nutrition Interventions – nutrition posters for all classrooms, nutrition education classes for students grades K-9, staff Health Fair (cholesterol, glucose, BMI checks), Biggest Loser competition for all staff at elementary and middle schools, healthy snack ideas presented at Parent Advisory meetings, Healthy Recipe contests for student's at all three schools. updated wellness policy (not approved by Board yet but revisions made), fresh fruit of the month featured in all three cafeterias, food service surveys conducted, nutrition newsletters provided to students and found on Milan SSD CSH website, assisted food services in marketing for school breakfast at the Middle School, and received grant to assist with breakfast in the classroom at that school

- Mental Health/Behavioral Health Interventions – Olweus bullying program adopted by Milan SSD 2010-2011 (district-wide), bullying policy adopted by Milan SSD, school-wide Positive Behavior Support adopted by Milan SSD 2010-2011, suicide prevention classes for students in 7th and 9th grades, YRBS conducted at Milan High School, Jason Foundation training for all Milan SSD staff , Cyber Bullying presentation for staff, students and community in all schools, helped provide aid/resources for storm victims/plus counseling, applied for grant to re-establish Lunch Buddy Mentoring Program for elementary students, resources on eating disorder and HIV/AIDS education provided to high school teachers, training for staff on self-injury as identified by the School Health Index, partnership between the school and a counseling agency to provide services for our students, poverty simulation was provided as professional development for staff, Life Choices program taught in high school wellness classes, tobacco prevention trunks made available for all schools to assist in teaching students about the dangers of tobacco, and Ollie the Otter Booster Seat program adopted into the schools every other year

Since the adoption of CSH four years ago, the Milan Special School District is proud to have one of the few school health clinics in West Tennessee. Thanks to a partnership from West Tennessee Healthcare, the Milan School Health Clinic is up and running and continues to thrive as a service provided for our staff and students.

Coordinated School Health in Milan Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kate Smith, at 731-686-7232.



Monroe County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Monroe County School System.

An infrastructure for CSH has been developed for the Monroe County School System that includes:

- School Health Advisory Committee
- Thirteen Healthy School Teams
- School Health Policies strengthened or approved include a wellness policy and family involvement policy.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA since 2001 totals more than \$1,249,363.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|-------------------------------------|
| ➤ Monroe County Health Council | ➤ UT Extension |
| ➤ Monroe County Health Department | ➤ Monroe County Dental Clinic, |
| ➤ Monroe County Drug and Alcohol Task Force | ➤ Chota Community Health Services |
| ➤ Boys and Girls Clubs of the Monroe Area | ➤ Get With It |
| ➤ Monroe County Teen Pregnancy Task Force | ➤ Volunteer State Health Plan |
| | ➤ Americhoice Community Health Plan |
| | ➤ Cherokee Mental Health |
| | ➤ Monroe County EMS |
| | ➤ YoungLives Monroe County |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Back to School Healthfest, Healthy School Teams, WHAM (Wellness in High schools Across Monroe), walk-a-thons, community celebrations, and coalition involvement. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities including assisting with Back to School Healthfest, WHAM, SADD Clubs, STARS classes, YouthCan, and other student-led health initiatives. Approximately, 200 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Monroe County School System, the following health interventions have taken place:

In 2010, 9,727 screenings were provided to students including hearing, vision, BMI, blood pressure, dental, and scoliosis. Of those screened, 1,528 were referred to another healthcare provider. Since the inception of CSH in the Monroe County School System in 2001, a total of 65,043 screenings have been provided, with 9,232 receiving referrals to other healthcare providers;

Students have been seen by a school nurse and returned to class. Data indicates a consistent return-to-class rate of approximately 94% for students seen by a school nurse in Monroe County since 2001. In 2011, Monroe County has a student-to-nurse ratio of 1:375;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Although Monroe County's rate of overweight and obese students has maintained around 48% for several years, improvements have been shown among various sub-groups. For example, 6th grade students have been shown to have a decrease in their average BMI, falling from 22.9 in 2005 to 21.9 in 2010. This change helps account for the increase in average BMI we are seeing in students entering kindergarten. In 2005, average BMI of kindergarten students was 16.87 and had increased to 17.05 in 2010. Though this change may seem insignificant, it means much more work must be done in order to ensure that our students maintain a health weight throughout childhood so they may lead healthier lives;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, physical education equipment, health education materials for school counselors, salad bars for various schools, clinic equipment;

Professional development has been provided to school health staff, counselors, physical education teachers, nurses, and other school staff. Examples include: CPR certification, bullying prevention education, and medical education;

School faculty and staff have received support for their own well-being through health screenings, staff wellness fairs, and wellness classes.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model health curriculum provided to all K-8 counselors, partnerships with Monroe County Health Council and Health Departments to offer periodical health education classes throughout the county;
- Physical Education/Physical Activity Interventions – walking trails built at numerous schools and improved physical education equipment;
- Nutrition Interventions – Tasty Tuesdays, salad bars available to students at multiple schools;
- Mental Health/Behavioral Health Interventions – mental health counselors available at all schools.

School health clinics make it possible for our students and staff to have access to a nurse practitioner for health services. Twelve of our schools have school based clinics.

Coordinated School Health in the Monroe County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Lacey Mason, at lacey@monroe.k12.tn.us.



Montgomery County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Montgomery County School System.

An infrastructure for CSH has been developed for the Montgomery County School System that includes:

- School Health Advisory Committee
- Thirty-five Healthy School Teams
- School Health Policies strengthened or approved include a district wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals over \$291,600.00: in-kind services- \$150,000.00; external grant funding- \$141,500.00.

Community partnerships have been formed to address school health issues. Past and current partners include:

American Heart Association
American Red Cross
Austin Peay State University
Blanchfield Army Community Hospital
Clarksville Athletic Club
Clarksville Montgomery County Community Health Foundation
Clarksville Customs House Museum
Clarksville Ophthalmology Clinic
Clarksville Parks and Recreation
Clarksville Police Department D.A.R.E. program
Clarksville Street Department and Grants Department
Clarksville Tennis Association
Clarksville YMCA
Curves of Clarksville
Family Nutrition Education Program
LensCrafters
Miller Motte Technical College

Mission Clarksville Program
Montgomery County Health Department
Rural Health Association of TN
Superior Health Care
Tennessee Association for Health, Physical Education, Recreation and Dance (TAHPERD)
TennderCare Program
Tennessee Nutrition Consumer Education Program
Tennessee Public Health Association
Tennessee Titans
The Crisis Call Line/211
The First Tee National School Program
The Houston County Lions Club
The Montgomery County Health Council
The Queen City Lions Club
United Way of Clarksville
Well Child, Inc.

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Many volunteers assisted in the CSH school health screenings. Programs and activities which promote parent involvement through CSH are the Families In Training (FIT) program and Healthy Choices parent workshop (both held at the CMCSS Learning Centers), the Queen City Road Race (a City of Clarksville sponsored event with CSH as a partner), and the annual Back to School Bash (held at Lincoln Homes and Summit Heights neighborhoods). The CMCSS CSH office has an open-door policy, making ourselves available to talk with parents and community members all year round (not just during the school year).

Students have been engaged in CSH activities such as school health screenings, Families In Training (FIT) program (held at the CMCSS Learning Centers), Quick Start Tennis Program (through a partnership with the Clarksville Tennis Association), the First Tee Program and the Queen City Road Race (sponsored by City of Clarksville with CSH as a partner). Students have partnered with CSH to address school health issues through programs such as The 1200 Club, an anti-tobacco program.

Schools are encouraging parent and student involvement in physical activity through after-hours use of the on-campus walking tracks (Woodlawn Elementary and Glenellen Elementary and coming soon, Rossvie Elementary). St. Bethlehem Elementary provides Family Fitness Nights in their gym several times a semester. All schools promote parent and student involvement in the Queen City Road Race.

School Health Interventions

Since 2007, CSH has been active in the Montgomery County School System. The following health interventions have taken place:

Student School Health Screenings and Referrals to Health Care Providers

TYPE OF SCREENING	NUMBER OF STUDENTS SCREENED	NUMBER OF REFERRALS
Vision:	16851	2018
Hearing:	16945	1566
Blood Pressure (BP):	13287	804
Body Mass Index (BMI):	23588	8366

The Clarksville Montgomery County School System has a nurse at each of our 35 schools. During the 2010-11 school year, there were over 146,000 student visits to these school nurses. Of the 146,000 visits, over 122,000 were able to return to class. This means 83% of students who visited the school nurse were able to return to class after receiving care from the nurse;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: heart rate monitors, pedometers, digital jump ropes, step aerobics workout system for staff and students, bicycle racks, resistance bands and tubing, medicine balls, exercise dvd's for circuit training, materials and models for the Health classroom, walking trails at Glenellen Elementary, Woodlawn Elementary and Rossvie Elementary (in development stages), Michigan Model and Take 10! curriculum, books on comprehensive health education topics, materials needed for school gardens, climbing wall, equipment for faculty/student fitness rooms, and numerous Wii Fit Systems. The Wii's are being used in a multitude of ways. Some schools project the game upon the wall in physical education so that every child in the gym can participate at the same time. Others have the Wii set up in a classroom for use during a specials class; and

Annual professional development has been provided to school health staff (counselors, physical education teachers, classroom teachers, school nurses and classified staff.). Examples include: on-going Michigan Model in-service webinars available for physical education teachers, wellness and special education teachers, and counselors. Annual suicide prevention in-service for classified staff, annual personal wellness in-service for classified staff, personal wellness in-service for Nutrition Services Managers, annual Color Me Healthy in-service for classroom teachers, provide information for annual school nurse in-service. Also, CSH funds have been used to pay registration costs for certified physical educators to attend professional organization conferences such as TAPED (TN Association for Health, Physical Education, Recreation and Dance).

School faculty and staff have received support for their own well-being through programs such as the employee walking for wellness program and stress reduction events. By working with the district maintenance and facilities departments, walking paths were mapped out and painted at each campus and Central Office. This provides faculty and staff a safe, measured route to walk. Several schools have been awarded CSH mini-grants to build walking tracks on their campus. These have been opened at Glenellen Elementary and Woodlawn Elementary, while Rossvie Elementary is in the development stages of their track. The CSH coordinator developed and maintains partnerships with several area fitness companies to provide CMCS employees discounted membership rates. These include the Clarksville Athletic Club, The Clarksville YMCA and Curves of Clarksville. Annual 'Lunch and Learns' have been provided to the staff at Central Office on a variety of topics. The topics usually encompass physical activity and ways to manage stress. Various local professionals have been brought in for these lunch and learns such as area doctors and even local cosmetology students who provided free hand massages and manicures at one of the stress management lunch and learns. Other programs for staff at Central Office include: Lunchtime Yoga (a free, on-site, 30 minute yoga class) and a program similar to the Biggest

Loser. Events are hosted each year at Central Office for many of the health observances such as National Employee Health and Fitness Day and National Run at Work Day.

Specific interventions have been made in the following areas to address childhood obesity:

- Health Education Interventions – Michigan Model in-services for faculty and curriculum in the classroom; comprehensive health education books purchased using CSH mini grant funds; comprehensive health education programs provided in schools by the Montgomery County Health Educator;
- Physical Education/Physical Activity Interventions – BC/BS Walking Works for Tn participation in schools, Walking Trails developed or in the development process, Wii Fit Systems for many schools and physical education departments, partnership with the City of Clarksville Queen City Road Race, CSH Coordinator regularly monitors, and reports compliance of the 90-minute PA/physical education law;
- Nutrition Interventions – Tennessee Nutrition and Consumer Education Programs provided in our Title I schools, Nutrition Education provided by Montgomery County Health Department Health Educator, Nutrition Education programs provided by CMCSS Nutrition Services Managers, Nutrition Education materials provided to CMCSS Nutrition Services Managers, Professional Developments provided for CMCSS Nutrition Services Managers.

In November 2009, CMCSS CSH Coordinator, Mesina Bullock, was awarded the Connie Hall Givens Coordinated School Health Award by the Tennessee Association for Health, Physical Education, Recreation and Dance. This annual award is given to recognize and honor an outstanding Coordinator at the state level.

Since 2007, the Clarksville-Montgomery County School System's Coordinated School Health program has worked to make significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. Annual student health screenings, increased comprehensive education in the classroom, increased opportunities for physical activity for students, faculty and staff and a consistent decline in the local BMI referral rate will continue to be top priorities for the CMCSS Coordinated School Health program. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Mesina Bullock, at 931-920-7827.



Moore County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Moore County School System.

An infrastructure for CSH has been developed for the Moore County School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include Emergency Allergy Response Plan, a wellness policy, Parent Involvement Policy and Parent Involvement/Engagement Plan, and a Mental Health Procedures/Crisis Plan.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$206,344.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---------------------------------------|--|
| ➤ Moore County Solid Waste Management | ➤ American Red Cross |
| ➤ UT Ag Extension | ➤ SUDIA |
| ➤ Lynchburg Lion's Club | ➤ Junior's House (Child Abuse Center) |
| ➤ Moore County 4-H Honors Club | ➤ Lynchburg Leadership |
| ➤ Moore County Farmers | ➤ Junior Lynchburg Leadership |
| ➤ Moore Care | ➤ Lynchburg Elementary School PTO |
| ➤ Moore County Health Council | ➤ American Cancer Society |
| ➤ Center Stone Mental Health | ➤ FCE Organization |
| ➤ Moore County Sherriff's Department | ➤ Moore County Public Library |
| ➤ Moore County Fire Department | ➤ DARE Role Model Group |
| ➤ Moore County Soil Conservation | ➤ Motlow State Community College |
| | ➤ Moore County Highway Department |
| | ➤ Moore County Extended School Program |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health screenings, healthy school teams, a wellness committee, numerous school activities (Raider Romp, Walk – a – thon). Currently, 350 parents are collaborating with CSH.

Students have been engaged in CSH activities such as health screenings, blood drives, walk-a-thons, Raider Romp, and intramural activities. Approximately, 330 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Moore County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,352 vision screenings and 265 referrals; 1354 hearing screenings for 2010-11 and 19 referrals;

1,380 Students have been seen by a school nurse and 1,245 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2010-11 school year the BMI data shows 49% of students are overweight or obese, 49% are normal, and 1% is underweight;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include salad bars, exercise equipment/materials, and health education materials;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include the Physical Education Conference in Milan, National Healthy Minds and Body Conference, Tennessee School Nurses Association Conference, UT Extension Family Symposium, and School Climate Symposium.

School faculty and staff have received support for their own well-being through Biggest Loser competitions, staff wellness room, and Registered Dietician services.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, partnering with UT Extension to teach health segments, and a health department community programs partner;

- Physical Education/Physical Activity Interventions – Take 10!, physical activity implemented into music classes, and a walk-a-thon;
- Nutrition Interventions – UT Extension teaching nutrition through classes and after school, salad bar implemented, bottled water provided for sale, Nutrition Nuggets newsletters, Registered Dietician services offered, Friday Back Pack Program;
- Mental Health/Behavioral Health Interventions – mental health team established, MOUs with community organizations, like Junior’s House, Crisis Plan developed, and mental health 101 training for all staff.

Coordinated School Health in the Moore County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Monica Hardin, at 931-759-4888.



Morgan County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Morgan County School System.

An infrastructure for CSH has been developed for the Morgan County School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or improved include the wellness and nutrition policy, physical education and physical activity policy, mental health policy, health services, family and community involvement
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$680,109.00.

Community partnerships have been formed to address school health issues. Current partners include:

Morgan County News	Wartburg Police Dept.
Child and Family of TN	Sunbright Police Dept.
Family Resource	UT Extension Agency
Morgan County (MC) EMA	MC Special Education Program
MC Medical Center	Dept. of Health, TENNderCare
MC Mayor	Ridgeview of Oakridge
MC Health Department	Public Health Dept. Health Educator
MC EMS	Avalon Center
MC Sheriff Department	Supervisor of Student Services
MC Chamber of Commerce	TN Regional Health

Regina Webb, Behavior Interventionist

Community Care Partner for Volunteer State

Lorrie Armes Parent Outreach Partner

United Health Care Community Plan

TNCEP-UT

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Community Health Fairs, Walk/Run activities, weekly line dancing, and Zumba classes after school. Currently, 62 parents are collaborating with CSH.

Students have been engaged in CSH activities including Health Fairs, Walk/Run/Biking activities, safety campaigns, and dance classes. Approximately, 235 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Morgan County School System, the following health interventions have taken place:

School Health Screenings – 1,571 student screenings resulting in 560 referrals to health care providers;

Number of students who have been seen by a school nurse – 19,351 with 17,784 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Morgan County's student BMI overweight/obese rate decreased from 43% to 41%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: rock climbing walls for all elementary schools, 2 Wii Fit systems, walking track at MCC and TC, new recess equipment, an updated playground equipment Michigan Model curriculum for all schools and Take 10! activities for all K-5 classrooms;

Professional development has been provided to school health staff. Examples include TAHPERD conferences, Michigan Model training, resistance band sessions, and a "Fab "conference to increase social/emotional programs for students;

School faculty and staff have received support for their own well-being through Walk/Run activities, "Walk to Myrtle Beach challenge", promotion of family activities such as hiking and bike rides, Health Club memberships, and after school dance lessons.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Take 10!, wellness leadership team;
- Physical Education/Physical Activity Interventions – Take 10! and K-5 recess daily;
- Nutrition Interventions – Tasty Thursdays, nutrition campaigns, and guest speakers;
- Mental Health/Behavioral Health Interventions – behaviorist and access to local counseling services

Coordinated School Health in the Morgan County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Rosa Dotson, at 423-346-2033.



Murfreesboro City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Murfreesboro City School System.

An infrastructure for CSH has been developed for the Murfreesboro City School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$304,144.00 during the 2010-2011 school year alone.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|---|
| ➤ Action for Healthy Kids | ➤ Middle Tennessee State University |
| ➤ American Red Cross | ➤ Murfreesboro Parks and Recreation |
| ➤ American Heart Association | ➤ Patterson Park Coalition |
| ➤ Blue Cross/Blue Shield of Tennessee | ➤ Rural Health Association of Tennessee |
| ➤ Center for Physical Activity and Health in Youth (CPAHY) | ➤ Rutherford County Health Department |
| ➤ Christy-Houston Foundation | ➤ Rutherford County EMS |
| ➤ Community Anti-Drug Coalition of Rutherford County (CADCOR) | ➤ Rutherford County Primary Care and Hope Clinic |
| ➤ Discovery Center at Murfree Springs | ➤ Rutherford Wellness Council |
| ➤ Exchange Club Family Center | ➤ TNCEP Coalition |
| ➤ Franklin Heights Coalition | ➤ TENNderCARE |
| ➤ General Mills Foundation | ➤ Tennessee Association of School Nurses |
| ➤ GetFitTN | ➤ Tennessee Association for Health, Physical Education, Recreation, and Dance |
| ➤ MCS School Nutrition Association | ➤ The Guidance Center |
| ➤ Middle Tennessee Medical Center | ➤ The Lion's Club |
| | ➤ The Little Clinic |
| | ➤ UT-Extension |
| | ➤ Well Child, Inc. |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Old Fort Block Party, Blast Back to School, Healthy Me, Healthy You, MNE/MNP Parent Night, BAM! Body and Mind Get Fit Kids, CPR Anytime training, health fairs at Franklin Heights and Oakland Court housing developments, and School Health Report Card mailings with educational resources for families. Currently, 4,500 parents are collaborating with CSH.

Students have been engaged in CSH activities such as *BAM! Body and Mind, Get Fit Kids* and *CPR Anytime* training. Approximately, 1,818 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Murfreesboro City School System, the following health interventions have taken place:

School Health Screenings – 3,363 students were screened for hearing, vision, height, weight, and blood pressure that was reported to families through the School Health Report Cards during the 2010-2011 school year;

15,964 students were seen by a school nurse and 14,675 returned to class during the 2010-2011 school year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Preliminary data shows that the healthy weight students have increased from 60% to 61% from the 2008-2009 school year to 2011-2012 school year;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness stations, walking tracks/trails, curriculum, climbing walls, physical activity equipment, playground equipment, and hospital grade health screening equipment; and

Professional development has been provided to counselors, physical education teachers, and nurses. Physical education teachers were provided professional development in orienteering, disc golf, tai chi, TAHPERD state conference, and brain breaks integration/training to support academics. School counselors attended the Tennessee School Counselor Association state conference and the Tennessee School Counselors and Administrators Leadership Institute. School nurses attended the TASN conference and an American Heart Association BLS Instructor course;

School faculty and staff have received support for their own well being through MCS Fit for Success and Site-Based Staff Vaccinations.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model integration into ESP and BAM (Body and Mind) Get Fit Kids program;
- Physical Education/Physical Activity Interventions – additions of physical activity equipment, walking tracks/trails, pedometer-based walking programs, professional development for physical educators, and the BAM (Body and Mind) Get Fit Kids program;
- Nutrition Interventions – Fresh Fruit and Vegetable Program grants, Nutrition Nuggets newsletters, and the BAM (Body and Mind) Get Fit Kids program;
- Mental Health/Behavioral Health Interventions – Olweus Bullying Prevention Program and the Mobile Health Unit providing behavioral health services for students, staff, and families.

The Mobile Health Unit has provided services for over 1,000 students, staff, and family members across the county. The Health Department has provided a dental transport program that provides comprehensive dental services to children.

Coordinated School Health in the Murfreesboro City School System has made significant contributions to the well being of our students and staff, which in turn have addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Meri-Leigh Smith, at 615-893-2313.



Newport City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Newport City School System.

An infrastructure for CSH has been developed for the Newport City School System that includes:

- School Health Advisory Committee
- One Healthy School Team
- School Health Policies strengthened or approved include wellness, CSH policy, nutrition, physical activity/physical education, health services and student, family, community policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 27,000.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ Cocke County Health Department | ➤ Cherokee Occupational Services |
| ➤ Newport Fire Department | ➤ Tennessee Meth Task Force |
| ➤ Mercy Hospital | ➤ TAHPERD |
| ➤ National Guard of the US Army | ➤ Food City Grocery Stores |
| ➤ Newport Rescue Squad | ➤ Sagebrush Restaurant |
| ➤ Tennessee Highway Patrol | ➤ Lions Club |
| ➤ Tennessee Wildlife Agency | ➤ Appalachian Outreach |
| ➤ University of Tennessee Extension Office | ➤ Cocke County Council |
| ➤ Keep Cocke County Beautiful | ➤ City of Newport Police Department |
| ➤ Second Harvest Food Bank (Blue Cross/Blue Shield) | ➤ City of Newport Recreation Department |
| ➤ Walking Works for Schools | ➤ Scottish Rite Group of Newport |
| ➤ Modern Woodmen of America | ➤ Family Resource Center if Cocke County |
| ➤ American Red Cross | ➤ East Tennessee Regional Commission on Children and Youth |
| ➤ Susan G. Komen Foundation | ➤ Safe Kids of Children's Hospital |
| ➤ Relay for Life Cancer Association | ➤ National Bank of Newport |
| ➤ Cherokee Health Services | ➤ Rural Medical Services |
| | ➤ Frost Chiropractic Center |
| | ➤ Goodwater Vineyard and Catering |
| | ➤ Safe Harbor Child Advocacy Center |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Newport Grammar School's Health Advisory Board, Healthy School Team, Coordinated School Health In-service, Second Harvest, CPR Training Classes, Coordinated School Health Informational Meetings, Parent Involvement Meetings, Child Health Week "Just Say No" Carnival, Family Education Classes, School-based Clinic Planning, Relay for Life Talent Fundraiser. Currently, 20 parents are collaborating with CSH.

Students have been engaged in CSH activities that include being a member of the *Green Team*, a team of 16 students who assist with recycling efforts school-wide, Fit 5 Classroom Activities (5 minute dance and movement routines in the classrooms) Pre-K-8 with 775 students involved, Blue/Cross Blue/ Shields Walking Works for Schools program includes 775 students, Students from all grade levels at NGS participate in the "Getting Juggy With It" recycling project every year. Currently, CSH has 12 students serving on my Health Advisory Board who support additions and changes to the CSH goals/action plan. Healthy Steps Food and Physical Activity for Preschoolers, 41 students participated, One Mile Run, 775 students participated, Fire Safety Presentation, 550 students participated, Ollie the Otter Safety Belt Program, Tennessee Highway Patrol, 296 students participated, Newport Rescue Squad Drunk Driving Class for 6th grade classes, 59 students participated Scrubby Bear Clean Hands Class for K-1st grade classes, 187 students participated, Family Living and Puberty Classes for 5th, 6th, and 8th grades, 155 students participated. Approximately 775 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Newport City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 775 students screened with 234 referrals made;

During the 2010-11 school year, 5,998 Newport Grammar School students were seen by a school nurse and returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The Newport City School System and Coordinated School Health worked hard to lower the obesity rate in our school over the past four years. During the 2007-2008 school year our obesity rate among our children registered at 28%. As of the 2010-2011 school year, Newport City School System's students now rate 23% in the obese range;

Many items have been purchased with CSH funds to enhance school health efforts. The Newport City School System has one school in the system so Coordinated School Health has been fortunate to be able to provide items that have benefited one and all. For example, CSH has added materials and teaching

aids with programs to support health related topics. Of course, one of the primary expenditures includes the on-site exercise room as well as a rock climbing wall. This year CSH was able to partner with Cherokee Health Systems and bring in a school-based clinic;

Professional development has been provided to school health staff. The Newport City School System has one guidance counselor who attends the Counselors Leadership Institute in Murfreesboro yearly, two physical education teachers attend the TAPERD Conference, and our school nurse attends several small conferences throughout the year in order to keep certifications current;

School faculty and staff have received support for their own well-being through mini health fairs, in-services, faculty meeting updates and numerous exercise opportunities.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Healthy Steps Food and Physical Activity for Preschoolers Program, Health Wise Health Education Curriculum for Kindergarteners, monthly newsletters, Michigan Model instruction in guidance classes, Family Living Education to 5th, 6th, and 8th grade students, fire prevention classes school-wide, and Ollie the Otter with the Highway Patrol;
- Physical Education/Physical Activity Interventions – Presidential and National Fitness Initiatives, Blue Cross Walking Works for Schools Program, Take 10! movement program, and the Tandelay Curriculum, Let's Move Campaign;
- Nutrition Interventions – National School Health Lunch and Breakfast Week with Bulletin Boards, Netco Food Show, Healthy US School Challenge, Recipes for Healthy Kids Competition, Second Harvest Food Program;
- Mental Health/Behavioral Health Interventions – Cherokee Health System provides psychologists and on-site counseling at our NGS Cherokee Clinic.

The Newport City School System is fortunate to have one school in the system. This seems to make it easier to put funding to better use and directly see the benefit it has on our children.

Coordinated School Health in the Newport City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Mischelle Black, at 423-623-3811 x255.



Oak Ridge City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Oak Ridge City School System.

An infrastructure for CSH has been developed for the Oak Ridge City School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include BMI screenings, the CSH policy, school wellness policy and the AED policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 205,707.40

Community partnerships have been formed to address school health issues. Current partners include:

AAA	Army
Action for Healthy Kids	Altrusa
ActivTek Environmental	Anderson Farmers Co-Op
Advanced Family Foot Care	Ayurveda Center
Air Professionals	BlueCross BlueShield
Allergy Asthma and Sinus	Academy of Family Physicians
American Cancer Society (Knoxville)	Access Breakaway
AmeriChoice	Boys and Girls Club
Anderson County Interagency Coalition	Briarcliff Health Care Center
Anderson County Health Department	Boy Scouts
Aramark	Children's Museum of Oak Ridge

Calvary Baptist Church	Free Medical Clinic of Oak Ridge
Campbell Cunningham and Taylor, P.C.	The Estates of Oak Ridge
Cardiac Science	First Lego League
CASA	Firehouse Subs of Oak Ridge
Chick-fil-A	Fitness Together
Child Advocacy Center of Anderson County	Food City of Oak Ridge
East TN Children's Hospital	Food Lion of Oak Ridge
Cigna	Fox Fitness
Clinch River Home Health	Friends of the Earth Cleaning
Catholic High School	Healthy Chocolate
Contact Help Line	Healthy Living Expo
Community Mediation Services	Healthy Start
Curves	Healthy Visions Wellness Center
Complete Nutrition	The Healthy Shoppe
CandC Fencing	HOSA of Oak Ridge High School
Department of Children Services	High Places
Earth Fare	Hosenfeld Chiropractic
Dollywood	JakeBreak4Kids
Centennial Village	Scripts Network
East TN Clean Fuels	Journal Broadcast Group
East TN Epilepsy Foundation	Juice+
E.L.M. Emergency Links Matters	JW Gibson (Local Farmer)
Emory Valley Learning Center	Kile Chiropractic
Emory Valley Dental Clinic	Kern United Methodist
Events at Sherlake	Faith Promise
Enrichment FCU	Karns Chiropractic

Knoxmoms.com
Knoxville Ice Bears
Legal Aid Society
Lincoln Memorial University
Maryville College
Men's Health Network
Madison Media Works
Mental Health Association of East TN
Methodist Medical Center
Metropolitan Drug Commission
Moe's Southwest Grill
National Fitness Center
National Kidney Foundation
National MS Society
New Horizons Wellness Center
New You for Life
Next Level Training
Northern Air
Oak Ridge Chamber of Commerce
Oak Ridge Fire Department
Oak Ridge Gastroenterology Center
Oak Ridge Police Department
Oak Ridge Obesity Clinic
Knox Area Coalition on Childhood Obesity
OB-GYN Associates of Oak Ridge
Oral and Maxillofacial Surgical Specialists

Oral Surgery Specialist of TN
Our Daily Bread of TN
Oak Ridge Chiropractic
Papa Murphy's of Oak Ridge
Performance Medicine
Pierce Physical Therapy
Power Systems
Legends Fitness
Project Brain
Rebecca Cagle (Life Coach Ridgeview; Regions Bank
Razzleberry's
RnFIT
Roane State Community College
Runner's Market
Rural Health Association of TN
The Rush Fitness Complex
Safe Haven Center
Safe Kids of Greater Knox
Safety Smart
Scoles Family Chiropractic
Second Harvest Food Bank
Seniors Helping Seniors
Shoneys
Side Splitters
Snappy Tomato (Oak Ridge)
Susan. G. Komen

St. Mary's Church of Oak Ridge	United Health Care
Tractor Supply Company	UT Extension of Anderson County
Tai Chi Society	Volunteer State Health Plan
TENNder Care	UT Department of Kinesiology
TAHPERD	WVLT
Tennessee Orthopedic	Workout Anytime 24/7
TALK	ValRay
East TN Commission on Children and Youth	Women's Basketball Hall of Fame
Tennessee Smokies	Walgreens
TNCEP	Wal-Mart
TTJC Karate	Weight Watchers
Titanic	Wheels4Tomorrow
United Way of Anderson County	Wildtree
UT Medical Center	Youth Leadership Council of Oak Ridge
USEC, Inc.	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include the Anti-Drug Coalition, Healthy School Teams and the Healthy Advisory Council. Currently, 30 parents are collaborating with CSH.

Students have been engaged in CSH activities such as First Lego League, Student Council, Rx Drop Offs, Health Events and "Mornings In Motion." Approximately 275 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Oak Ridge City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –19,072 Screenings and 2,269 referrals;

Students have been seen by a school nurse and returned to class –2009-2010 School Nurse Visits 19,000
Returned to class 13,800;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2010-2011, 31% of students were overweight/obese;

Many items have been purchased with CSH funds to enhance school health efforts. CSH Funds (whether state funds or donated fund/grants) have been used to purchase fitness equipment for in-school fitness centers, Take10! materials, Michigan Model materials, School Vegetable Gardens, parent education materials (i.e. Nutrition Nuggets) Engergi outdoor fitness system, new physical education curriculum tools (Fly Fishing, Whole Class Wii Fitness, Cricket, Racquet Sports, Kin Ball, in class fitness equipment, Wii for physical education and Library);

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include teen suicide, drug abuse, asthma, diabetes, bloodborne pathogens, USTA tennis, physical education fitness, physical education injury prevention, on-job injury prevention, and obesity.

School faculty and staff have received support for their own well-being through staff pampering events (massages, stress relief), Biggest Loser competitions, low cost gym memberships (3 facilities), in-school fitness centers; ewellness staff competition, staff fit club (after work fitness club).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model, Healthteacher.com, and comprehensive health education curriculum tools available and used by teachers;
- Physical Education/Physical Activity Interventions – fitness rooms, fitness classrooms, improvement in physical education curriculum, increase in physical activity time, grant received to fund Take 10!, and after lunch walking at some schools;
- Nutrition Interventions – school garden, 5 fruits and veggies offered daily on lunch lines, white bread replaced with whole grain, Nutrition Nuggets (parent education newsletter), Teen Food and Fitness Newsletter sent home monthly, family dinner nights and lunch and learns;
- Mental Health/Behavioral Health Interventions – Character Club, suicide prevention trainings, and partnerships with local substance abuse clinics. Focus has been given to preventing bullying and safe schools through the counseling departments.

Oak Ridge Coordinated School Health has developed several unique physical activity opportunities for children. All four elementary schools offer before school fitness programs and 3 of the 4 have school fitness equipment.

The Oak Ridge City School System's lunches are ahead of the curve. Five fresh fruits and vegetables are offered daily, fresh salads, food made from scratch, 100% fruit smoothies; and all bread products replaced with whole grains bread products.

Coordinated School Health in the Oak Ridge City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jim Woofner, at jwoofner@ortn.edu.



Obion County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Obion County School System.

An infrastructure for CSH has been developed for the Obion County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school Health capacity for our LEA totals \$43,056.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|----------------------------------|---------------------------------|
| ➤ Align Chiropractor | ➤ LeBonheur |
| ➤ Matt Harris Revive Spa Program | ➤ UT Martin Nursing Program |
| ➤ Right Choices | ➤ Town and Country Dry Cleaners |
| ➤ Union City Chiropractor | ➤ Dyersburg Pediatric Dentistry |
| ➤ SEC Consultants | ➤ Troy's Lion Club |
| ➤ HUGS | ➤ Pediatric Place |
| ➤ NFL Play 60 | ➤ Reelfoot Bank |
| ➤ Baptist Memorial Hospital | ➤ First Citizens National Bank |
| ➤ KF99 Radio | ➤ First State Bank |
| ➤ The Messenger | ➤ Obion County Farm Bureau |
| ➤ UT Extension | ➤ Commercial Bank |
| ➤ Health Quest | ➤ Dr. Shumate |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Dead Days, Health Rocks, and Walk Across Tennessee. Currently, 75 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Dead Days, Food Fiesta, Two Bite Club, Child Health Week, National Physical Education Week, Go Girl Go, Power U, Get Fit TN, and Walk across TN, P.A.C.K. Week, Health Rocks, TAR Wars, KickButts Month, Color Me Healthy, and Mobile Food Cart. Approximately 50 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Obion County Schools the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – screened 2,033 and referred 586;

Students have been seen by a school nurse and returned to class 13,245;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In the 2010-2011 school year 1,228 students were screened. Of those, 2% were underweight, 53% were healthy weight, 45% were overweight, and 26% were obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, educational DVDs, books and materials for the Michigan Model curriculum, food for programs, informational pamphlets, pencils, Nutrition Nuggets, providing prizes for winners of coloring contests, walking contests and Biggest Loser;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: bloodborne pathogens, safety in the workplace, self Injury, sexual harassment, internet safety, Michigan Model training, CPR/ First Aid, AED training, and flu shots;

School faculty and staff have received support for their own well-being through flu shots, staff health screenings and a staff health fair.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – addressing childhood obesity with new programs such as Power U, P.A.C.K week, Two Bite Club, and other programs aimed at teaching kids that eating healthy will help them to lose weight. Behavioral health is an ongoing process. We are talking with the children about how to handle anger issues, bullying issues, and emotional issues. Our counselors use the Michigan Model to help address these issues;
- Physical Education/Physical Activity Interventions – All schools have implemented the Michigan Model for their curriculum this year;
- Nutrition Interventions – all schools are joining the U.S. Healthier School Challenge;
- Mental Health/Behavioral Health Interventions – coordinator is assembling a committee to work on mental health related issues.

Additional accomplishments include the NFL Play 60 Grant, PALA Challenge and the Let's Move Flash Dance.

Coordinated School Health in the Obion County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Chastity Homra, at 731-885-7171.



Oneida Special School District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Oneida Special School District.

An infrastructure for CSH has been developed for the Oneida Special School District that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include a Mental Health Memoranda of Understanding with the Children's Center of the Cumberland's, St. Mary's of Scott County, Ridgeview Mental Health Facility, and S.T.A.N.D. (Schools Together Allowing No Drugs – a coalition of community organizations, businesses, and individuals focused on the health and well-being of the youth in Scott County, Tennessee)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$134,407.67.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|-------------------------------------|
| ➤ Appalachian Life Quality Initiative | ➤ National Guard – rock wall |
| ➤ Children's Center of the Cumberlands | ➤ Oneida Elementary PTO |
| ➤ STAND Coalition | ➤ Best Buddies |
| ➤ Boys and Girls Club of Scott County | ➤ Roane State Site Committee |
| ➤ Special Olympics | ➤ Scott Appalachian Industries |
| ➤ Lions Club | ➤ St. Mary's of Scott County |
| ➤ U. T. Extension office | ➤ Ameri-Choice |
| ➤ Scott County Health Department | ➤ Mountain Peoples Health Council |
| ➤ Tennessee Technology Center | ➤ Scott County Health Department |
| | ➤ Scott County Dental Clinic |
| | ➤ Town of Oneida |
| | ➤ Scott County Sheriff's Department |
| | ➤ Scott County Health Council |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health screenings, sports physicals, and the elementary school's Field Day. Currently, 20 parents are collaborating with CSH.

Students have been engaged in CSH activities such as our elementary school's Field Day and student government participating in discussions concerning physical activities and nutrition. Approximately 20 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Oneida Special School District, the following health interventions have taken place: reduction of obesity rates, provision of free breakfast to students, increased amounts of physicals for student athletes, and additional space/equipment for after school physical activities.

School Health Screenings and Referrals to Health Care providers – dental screenings/referrals 823/62; blood pressure screenings/referrals 868/0; vision screenings/referrals 658/11; hearing screenings/referrals 668/8; BMI screenings/referrals 606/139;

Students have been seen by a school nurse and returned to class – 1,823/1,549 for the 2010/2011 school year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include playground equipment for and indoor playroom for kindergarten and pre-school students to meet the needs of Special Education students;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include the UT Extension Office that provided professional development concerning *TN Shapes Up* and calorie counting. Coaches participated in an online coaches training program as well as participating in injury prevention and safety professional development during the month of August.

School faculty and staff have received support for their own well-being through the following activities. The staff has been provided staff development concerning team building in regards to physical activity, calorie counting, and group type exercise activities. The elementary staff participated in Wii Fit, Dance, Dance, Revolution, Zumba fitness, and walking in teams at the nearby walking track. The high school staff participated in staff hikes and several member of the staff walk with a "buddy" during their planning periods. The middle school staff participated in jogging. Two of the staff members entered into mini-marathons.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues

- Health Education Interventions – safety and injury prevention and First Aid and A.E.D. Training, playground safety and staff development at the elementary level, Michigan Model provided to the third grade students, germ city was provided to elementary students concerning germs/hand washing by UT Extension Office. The Healthy School Teams have revisited the asthma and allergy response plans at the Oneida Elementary School. The safety teams put a reunification plan into effect at all three schools after a crisis. Safety meetings were held biannually by the assistant principals at our three schools. Diabetes prevention and awareness was provided to the staff by the Scott County Health Council;
- Physical Education/Physical Activity Interventions – four basketball goals were added at the elementary school. The CSH coordinator participated with Little League (basketball and softball) to get information into the Oneida schools;
- Nutrition Interventions – free breakfast for all students beginning January 1, 2011. Oneida High School removed all calorie drinks from their vending machines. Salad bars were added to the lunch menu for Oneida Elementary, Middle, and High Schools for a total of two per week. Tossed salads are now offered EVERY day at the middle/high school;
- Mental Health/Behavioral Health Interventions – mental health meetings were held as a collaboration which led to the S.T.A.N.D. Coalition. This consists of S.T.A.N.D. (Schools Together Allowing No Drugs), which consists of counseling, Children’s Center of the Cumberland, which provides counseling pertaining to mental health and child abuse and Ridgeview Behavioral Health.

Other accomplishments include the Olweus Anti-Bullying Program that was established and implemented for the 2010-2011 school year. All teachers, administration, and support staff received training in the months of July and August 2010. The program adds an educational component to our mental health curriculum and addresses appropriate social interactions that teach our students how to be compassionate and accepting of all people.

The Coordinated School Health program for Oneida Special School District has successfully established and implemented community partnerships that have not only increased parental involvement but has positively impacted the physical and mental health of all students in our district which has resulted in a 95.9% school attendance rate for the system.

During the 2010- 2011 school year, the partnerships previously listed have supported and strengthened the Coordinated School Health Program in the Oneida Special School District program. In a community where the unemployment rate is almost at 20%, the district has one of the highest poverty rates in the state of Tennessee. Partnerships have provided educational, mental, dental, and physical health services for many children who would not have the resources for necessary treatments due to lack of financial resources.

Coordinated School Health in the Oneida Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Melinda McCartt, at 423-569-8912 x230.



Overton County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Overton County School System.

An infrastructure for CSH has been developed for the Overton County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$44,200.00.

Community partnerships have been formed to address school health issues. Current partners include:

- American Bank and Trust
- Department of Health
- U.T Extension Office
- Overton County Drug-Coalition
- Department of Mental Health
- Livingston Police Department
- Livingston Regional Hospital
- Overton County Health Council
- First National Bank of the Cumberland's

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health screenings, track and field events, physical education extravaganza. Also, 25 parents participate in healthy school teams.

Students have been engaged in CSH activities including health screenings, healthy school teams, drug awareness issues, and health competitions throughout the schools. Approximately, 20 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Overton County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 6,118 have been screened and 1,093 have been referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data for 2010-2011 shows a 42% obesity rate for Overton County students over the last 2 years;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls, fitness room equipment, playground equipment, and archery equipment:

Professional development has been provided to school health staff. Types of training provided addressed developing a school mental health plan, the school safety plan, the TTU physical education workshop, diabetes workshops, and CPR classes;

School faculty and staff have received support for their own well-being through a Biggest Loser Program, staff health fairs, and the development of a fitness room;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – diabetes awareness information, Michigan Model introduced into the high school, tobacco cessation program, UT Extension/CSH health fair;
- Physical Education/Physical Activity Interventions – introduced Take 10! into elementary schools, fitness room, physical education equipment, climbing walls, and the Presidents physical fitness program;
- Nutrition Interventions – nutrition events during school lunch week, poster contest with the Health Department/CSH, fresh fruits daily with the county school nutritionist, Healthy School Team project where schools had healthy living competition among each other, and partnered with the Health Department on a project that dealt with employees at the nursing home on how to eat better and stay fit;
- Mental Health/Behavioral Health Interventions – CSH brought our counselors and behavioral and mental health partner's together to develop a stronger relationship with each other.

Coordinated School Health in the Overton County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Danny McCain, at 931-823-1287.



Paris Special School District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Paris Special School District from 2007 to 2011.

An infrastructure for CSH has been developed for the Paris Special School District that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include Diastat and Glucagon procedures
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$2,200.

Community partnerships have been formed to address school health issues. Current partners include:

Safe and Drug Free Task Force
Henry County Health Council
Henry County Medical Center
UTM Extension
Henry County Vocational School Nursing Program
Bethel University
Paris Lion's Club
Murray State University

Henry County Health Department
Carey Counseling
Youth Villages
Department of Children's Services
Department of Human Services
Rhea Parent Teacher Organization
University of Tennessee at Martin Nursing Department

Parent and Student Involvement Developed

Currently, one hundred eighty-four parents are collaborating with CSH in the PSSD.

Approximately 175 students partnered with CSH to address school health issues. Students have been engaged in CSH activities that include Inman Middle School students conducted a silent Freedom Walk, Henry County Patriot Pals (30) train students in grades K-3rd grade on healthy character traits while incorporating the Character Counts curriculum, students in grades 3-5 (as well as parent volunteers) participate in the Wacky Workout morning activity program, PSSD students participated with parents in

the 5K run/walk and Inman students (and staff) had “Team IMS” shirts created for the 5K to promote school spirit and bolster participation.

School Health Interventions

Since CSH has been active in the Paris Special School District, the following health interventions have taken place from 2007-2011:

School Health Screenings and Referrals to Health Care providers –2010-2011: 3,481 student health screenings occurred resulting in 59 referrals to a health care provider.

Students have been seen by a school nurse and returned to class – During the 2010-2011 school year there were 14,288 student visits to school nurse and 13,025 students were returned to class (92% of total seen by school nurse).

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. CSH has assisted with purchasing playground equipment for Rhea Elementary School, assistance with walking trail at Rhea Elementary, swimming equipment for the pool, and physical education/physical activity equipment for all three schools.

Professional development provided to school health staff includes Take10!, Michigan Model health education training, CPR, suicide prevention training, and physical activity to use in the classroom through “Brain Breaks”.

School faculty and staff have received support for their own well-being through staff tours of gym, pool, and workout facilities available at Paris Civic Center. CSH sponsored staff health screenings and flu vaccinations.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model introduced as comprehensive health education district-wide;
- Physical Education/Physical Activity Interventions – all schools are compliant with the 90 minute physical activity/physical education law. Before school, physical activity is available to students at all three schools. CSH has purchased playground equipment for Rhea Elementary School, assisted with the cost of the walking trail at Rhea, purchased

physical activity equipment for all schools, as well as purchasing physical education equipment for the physical education teachers at Rhea and Inman.

- Nutrition Interventions – only healthy birthday and party snacks permitted at Rhea Elementary School. Rhea School has chocolate milk available on Friday only.

Coordinated School Health in the Paris Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sherry Wagner, at 731-642-9322 x8.



Perry County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Perry County School System.

An infrastructure for CSH has been developed for the Perry County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened include 90 minute physical activity/physical education law, health screenings, and high school vending machine law
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals: \$218,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Perry County Medical Center
- Centerstone
- Perry County Health Department
- UT Extension Office
- Perry County Sheriff's Department

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including school health screenings for staff, BMI screenings for students, and SAFE Day participation. 10 parents are collaborating with CSH.

Students have been engaged in CSH activities that include SAFE Day, Healthy Steps Backpack Program, Walking Programs, outdoor fitness equipment demonstrations, drug prevention displays set up, and quit smoking material distribution. Approximately 25 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Perry County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 250 Well Child Physicals, 120+ referrals, 1213 students screened for BMI/BP data 1500 vision/hearing screenings, 650 referrals;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking track (partnered with Perry Co. Med Center), sport court/walking track fence for safety and security, elementary sized fitness equipment (Moon Walkers), Wii's and Wii fitness balance boards and games for schools, fitness equipment/materials, nutrition, healthy lifestyle, hygiene, obesity educational books for students, and TV/DVD player for fitness rooms;

Professional development has been provided to (counselors, physical education teachers, and nurses. Trainings include non-violent crisis intervention training, mental health conference, anti bullying, and *Take 10!*;

School faculty and staff have received support for their own well-being through blood pressure screenings, flu shot each year, cholesterol screenings, fitness centers, walking track installed, and pedometers.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10! training, Perry County Health Department presentations on healthy lifestyle choices;
- Physical Education/Physical Activity Interventions – Healthy Steps Backpack Program, walking programs, after-school physical education program, and new fitness centers put into place at three of our four schools (fitness equipment added to already existing fitness room at fourth school), outdoor fitness equipment installed at two middle school locations;
- Nutrition Interventions – Registered Dietitian presentations, nutritional information and surveys sent home to approximately 200 parent(s);
- Mental Health/Behavioral Health Interventions – educational materials presented to school psychologist and developed Centerstone partnership.

Coordinated School Health in the Perry County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Steve Bates, at 731-234-1385.



Pickett County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Pickett County School System.

An infrastructure for CSH has been developed for the Pickett County School System that includes:

School Health Advisory Committee

Eight Healthy School Teams

School Health Policies strengthened or approved include the mental health policy

Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$103,889.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|---------------------------------------|
| ➤ UT Extension | ➤ DCS |
| ➤ TTU Upper Cumberland Coordinated School Health | ➤ Epilepsy Foundation |
| ➤ TTU Physical Activity Summer Workshop | ➤ Livingston Regional Hospital |
| ➤ TENNder Care | ➤ Pickett County Health Department |
| ➤ Family Resource Center | ➤ Byrdstown Medical Center |
| ➤ Upper Cumberland Council on Children and Youth | ➤ Tennessee Public Health Association |
| ➤ CSH Coalition | ➤ TAHPERD |
| ➤ MADD | ➤ Cover Kids |
| ➤ Tennessee Wildlife Resource Agency | ➤ Volunteer State Health Plan |
| | ➤ Relay for Life |
| | ➤ Overton/Pickett 911 |
| | ➤ TN Project Diabetes |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include school health teams, Safety Day, school health fairs, and nutrition classes. Currently, 15 parents are collaborating with CSH.

Students have been engaged in CSH activities that include school health teams, Safety Day, PCHS Health Fair, UT/CSH K-8 Health Fair, parent nutrition classes, Fitness Friday, PCHS Student Health Council. Approximately, 720 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Pickett County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –1,166 students have been screened and 920 referred;

Students have been seen by a school nurse and returned to class – 7,912 student visits to school nurse, 6,282 students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Since 2007 when CSH began collecting BMI data on students in grades K, 2, 4, 6, 8, and 9, Pickett County students have averaged higher BMI scores than the state average. BMI data for 2010-2011 shows a 2% decrease in overweight and obesity in Pickett County students over the last 2 years;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls, fitness rooms, playground equipment, archery equipment, tennis equipment and health curriculums, safety mats for gymnasium, and improvements to athletic field restrooms;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include school mental health plan, school safety plan, EpiPen, asthma, diabetes, and a TTU physical education workshop;

School faculty and staff have received support for their own well-being through fitness rooms, Biggest Loser program, Walk Across Tennessee, Take Action program, Weight Watchers at Work and staff health fairs that include medical assessments.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – diabetes awareness information, CSH school newsletter, purchase of Michigan Model health curriculum, tobacco prevention program, When You Can't Breathe Nothing Else Matters, UT Extension/CSH student health fair;
- Physical Education/Physical Activity Interventions – climbing walls, fitness rooms for students and staff, playground improvements, Presidents Physical Fitness program, student workout DVD contest, and Take 10! program;
- Nutrition Interventions – nutrition events during school lunch week, food journals, poster contest, Build a Better Plate Program, fresh fruit for break at high school in Fitness Friday Program;
- Mental Health/Behavioral Health Interventions – development and implementation of a school mental health program with identified partnerships with local providers.

Coordinated School Health in the Pickett County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. Our staff work together to increase physical activity in the classroom, our physical education teachers are working to get students interested in new activities that may create a lifetime interest, and our nutrition staff are always assessing and looking for new nutritional foods to add to their program. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Lisa Cummings, at 931-864-7123.



Polk County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Polk County School System.

An infrastructure for CSH has been developed for the Polk County School System that includes:

- School Health Advisory committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and the mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our Polk County schools totals \$15,500.

Community partnerships have been formed to address school health issues. Current partners include:

- South Eastern Regional Health Department
- UTK Agriculture Extension Agency
- TENNderCare
- Polk County Health Department
- Family Resource Center Agency
- Polk County Health Council
- Polk County Advisory Committee

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Currently 25 parents are collaborating with CSH.

Students have been engaged in CSH activities. Approximately 45 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Polk County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 942 students were screened for vision and hearing. Of these students, 18 were referred for vision and 32 were referred for hearing follow-up with a health care provider;

Students have been seen by a school nurse and returned to class – 3,399 students were seen by school nurses during 2010-2011 and 2,196 of these students were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. During the 2010-2011 school year, 1,148 students were screened for BMI. Of these students, 43% were in the overweight/obesity category.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include new play ground area was excavated and walking trails were developed for another high school and elementary school. We now have four walking trails and a new play ground area to play sports. We have weighting scales for each school which tells your height, weight, and BMI. We also have odometers in each school. Treadmills or elliptical machines are in each school and in the central office for teachers and office staff. We purchased Michigan Model curriculum, books, posters, and DVDs for grades 1-6. We provided a climbing wall and playground equipment at each elementary school- swing sets, slides, exercise bars, soccer balls, soft balls, basketballs, and jump ropes. Kinect Box 360 and Wii are located in all six schools. Fire safety boxes are in all schools to keep students' medication locked. We have an excellent blood pressure monitor for school health screening. "Rachel's Challenge" a nationwide "Bullying" drama group presented a program to our middle school and two high schools.

Professional development has been provided to school health staff. Health teachers were provided a HIV prevention in-service as well as a safe dates in-service.

School faculty and staff received support for their own well-being. CSH bought treadmills or elliptical machines and blood pressure monitors and weighting scales which tell your height, weight, and BMI. CSH also bought numerous DVDs for physical dancing, exercising and stepping.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – web sites for multiple health issues, diabetes brochures, TENNderCare brochures, school health screening, germ city, holiday safety, seat belt safety, drug and alcohol, drunken driving accidents, fire safety, suicide and depression prevention, teenage pregnancy prevention, laws pertaining to liability, and teen age roles and relationships;
- Physical Education/Physical Activity Interventions – all students have 90 minutes of physical education/ physical activity exercise weekly, Take 10! in grades K-5, Walking Works for Schools, play ground – recess time, walk 20 minutes before/after

school, dance and exercise DVDs, extra time on walking trail, softball, basketball, football, soccer, and golf;

- Nutrition Interventions – employed dietician, students surveying school cafeteria menu, nutrition lessons taught in grades K-6th, teen living in middle school, and family and consumer science in high school;
- Mental Health/Behavioral Health Interventions – behavioral specialist contracted for individual and small group settings, Michigan Model for K-6th grades, character education, “Rachel’s Challenge”, bullying program in Middle School.

Our walking trails and play ground equipment have been the highlights for our schools and community. Middle school and high school students really enjoyed “Rachel’s Challenge”.

Coordinated School Health in the Polk County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Corina Jones, at 423-338-4506.



Putnam County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Putnam County School System.

An infrastructure for CSH has been developed for the Putnam County School System that includes:

- School Health Advisory Committee
- Eighteen Healthy School Teams
- School Health Policies strengthened or approved include Tobacco Free Schools, Drug Free Workplace, Safety, Emergency Preparedness Plan, Crisis Management, Special Programs/Homebound Instruction/Remedial Instruction, Personnel Health Examinations/Communicable Diseases, Acquired Immune Deficiency Syndrome, Hepatitis B, Student Discrimination/Harassment and Bullying/Intimidation, Drug Testing of Student Athletes and Cheerleaders, Guidance Program, Student Health Services, physical examinations and immunizations, communicable diseases, pediculosis (headlice), medicines, student social services, child abuse and neglect, accidents and illnesses, student wellness, and the Emergency Allergy Response Plan
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$936,004.

Community partnerships have been formed to address school health issues. Current partners include:

PEP Foundation	Management Agency
Putnam County YMCA	Cookeville Regional Medical
Algood	Center Education Dept
Baxter	Cookeville Regional Medical
Cookeville	Center Community Wellness Dept
Monterey Police	Business Development Dept
Cookeville Fire Dept.	Cookeville Regional Medical Center
Putnam County Emergency	Giving Big Foundation

Mothers Against Drunk Driving

Putnam County 911

Putnam County Emergency

Medical Services

Putnam County Fire Dept

Putnam County Health Dept

Putnam County Rescue Squad

TN Highway Patrol

TN Fire Marshall's Office

Tennessee Tech University

TTU School of Nursing

TTU Human Ecology/Nutrition Dept

TTU Service Learning Dept

TTU Agriculture Dept

Putnam County Child Advocacy Center

Upper Cumberland Child Care

Resource Network

Cookeville Leisure Services

Plateau Mental Health

Putnam County Regional Dept

Putnam County LEPC

Genesis House

Teen Challenge of the Upper Cumberland

Stevens Street Baptist Church

Crossroads Community Church

Vine Branch Community Church

West Putnam Food Ministries

TENNderCare

PCS Family Resource Center

PCS Adult Education Center

Heart of the Cumberland Power of Putnam

Community Services Agency

First Methodist Church

Kids Care

Cookeville Pediatrics

Structured Athletics for Challenged Children

Progressive Savings Bank

Stephens Center

Life Care

Personal Growth and Learning Center

Cookeville Girl Scouts

Chamber of Commerce

Allergy, Asthma and Sinus Center

Nashville State Technical College

Dr. John B. Averitt, Recovery Living Services

CareALL Home Health

NHC

Cookeville Pregnancy Center

Cookeville Red Cross

Putnam County Sheriff's Dept

Sexual Assault Center	Convenient Care Clinic
UT Extension	Grace Presbyterian Church
Volunteer Behavioral Health	Tracy Epps, FNP
Upper Cumberland Council on Children and Youth	Dr. Melissa Hall
CRMC Cancer Center	Cookeville Regional Medical Center

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including parents serving on family engagement teams and healthy school teams which plan and implement healthy school events such as Family Fitness Night, Health Night, School Fun Runs, etc. Parents volunteer serve on health screening teams. PTOs coordinate with school clinic nurses and make donations. Parents volunteer for morning run clubs and after school programs and activities that incorporate school health initiatives. Currently, 240 parents are collaborating with CSH.

Students have been engaged in CSH activities such as School Health Policy Review teams through Project Citizen at Algood Middle School, Health Science classes at Cookeville High School led Healthy School Team projects at CHS, Upperman High School HOSA led school health projects at UHS. Students at Avery Trace Middle School implemented service-learning activities that focused on school health initiatives. Students selected for Leadership Putnam Youth Academy promoted youth involvement in the community with an emphasis on safe and healthy environments. Power of Putnam Youth Coalition promotes safe and drug-free communities in Putnam County while educating students on health education related to leading a healthy lifestyle. Various clubs at Cookeville High School incorporate school health goals into their club work throughout the year such as Putnam Fire Department Explorers Club, Hiking and Environmental Club, Family Career and Community Leaders of America Club, Not in my School Club, and HOSA Club. Approximately, 735 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Putnam County Schools, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 15,094 students screened and 1,963 referrals were made;

Students have been seen by a school nurse and returned to class – 40,931 students were seen by the nurse and 36,546 of those students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In the Putnam County School System, the percentage of children classified as obese has dropped 1.9% since 2007. The percentage of overweight children has dropped 1.8% since 2007;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include general office supplies, school clinic supplies, in-service for physical education teachers, travel for CSH Institutes and RHAT, travel for CSH coordinator, nurse coordinator, school nurse, social workers, membership to RHAT, TAHPERD, Tennessee School Health Coalition, Tennessee Public Health Association, and Upper Cumberland Council on Children and Youth.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include school counselor in-service training on counseling protocol, procedures, grief support group training for counselors, critical stress debriefing, ADD/ADHD, and other mental health issues training for counselors. Other professional development includes student support team training for counselors, Heart of the Cumberland curriculum, policies and procedures training for counselors, “Hands Are Not For Hurting”, bullying prevention, and healthy relationships education training for counselors. The Health Department has provided training for counselors onsite at the Putnam County Health Department. Suicide prevention training was provided for all certified and support staff employees. First Aid training was provided for all support staff and several school faculty meetings. Additional professional development includes CPR training for 68 school employees and 50 bus drivers, nursing continuing education and training provided for all school nurses, medication designee training for 57 school staff employees and bloodborne pathogen training for all school employees. Accident prevention training was provided to all administrators and nurses along with CSH overview/training for all new teachers. Also, the CSH coordinator attended CSH Fall Conference and Spring Institute and RHAT state conference.

School faculty and staff have received support for their own wellbeing through the following:

CSH partnered with Cookeville Regional Medical Center to provide health fair and health screenings for PCS staff.

CSH partnered with the CRMC Cancer Center to include PCS employees in a national cancer prevention study.

CSH partnered with a local pharmacy to provide flu and pneumonia shots for staff and their families.

CSH partnered with local YMCA on a corporate partnership to provide a discount to all PCS employees.

CSH Coordinator developed “Teachers on the Run” group to train together for a half marathon.

CSH Coordinator partnered with PCS Benefits Coordinator to provide health prevention education to all PCS employees. School nurses provide health education to their assigned school’s employees throughout the year.

CSH Coordinator set up a “Beat the Holiday Bulge” four-week weight management program for employees.

CSH coordinated an online “Building Wellness One Heart at a Time” employee wellness program for PCS employees.

CSH Coordinator established a employee vaccine wellness team to assess employee’s knowledge and need for expanded vaccine program which included PCS employees and community partners.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum is being taught in counseling, physical education/health, and wellness classes; CSH coordinator partners with Safe and Drug Free Schools Coordinator on health education implementation in classrooms; CSH coordinator, Nurse Coordinator, and school nurses provide health education such as, but not limited to, sun safety, disease prevention, skin care, dental care, puberty, lice and tick prevention and care, diabetes prevention, hand washing/germ prevention, cold and flu prevention, bowel health, heart health. School nurses in schools with System Wide Positive Behavior Support incorporate lessons on health into school program.

CSH partnered with Tennessee Tech University Nursing, Physical Education and Nutrition departments on providing health education in the classroom along with health education for school employees. CSH partnered with County and Regional Health Departments, Power of Putnam, Cookeville Pregnancy Clinic, Putnam County Safety Officer, Local Emergency Planning Committee, Safer Community Task Force, and Volunteer Behavioral Health to provide health education in disease prevention, community health, personal health, family life education, safety and accident prevention, and substance use/abuse prevention, and mental/emotional health.

CSH partnered with Putnam County Health Department, 911/EMS, TN Fire Marshall, EMA, and Cookeville Fire Department on education events during Public Health Week focusing on preventative measures for health and well-being. CSH coordinator partnered with Public Safety Officer and Cookeville Regional Medical Center Medical Director of Emergency Services to provide education on designer drug use and prevention to school staff, students, and at the School Law Seminar at Tennessee Tech University in April. CSH coordinator served on Diabetes Awareness Committee and facilitated awareness/education for diabetes awareness/prevention in all schools. CSH coordinator partnered with Health Science teachers at Cookeville High and Upperman High schools on health fairs at each school. CSH partnered with local dental hygienist to provide dental care education to pre-k classes. CSH staff facilitated information to parents on bed bug prevention. CSH coordinator organized a partnership with County Health Educator and Avery Trace Middle School on the Lives Cut Short campaign which was displayed at the Board of Education and the county court house.

- Physical Education/Physical Activity Interventions – CSH partnered with Putnam County YMCA on a community outreach program, “Healthy Heroes”, to offer scholarships for students identified as obese through BMI screenings for a twelve-week fitness program at the Y. Also, the families of these students were offered scholarships to attend the Y with their child. Also partnered with the YMCA on “Kids on the Run” youth run club and “Kids Hero Half” which is a half marathon which 170 student participants. CSH coordinator partnered with each school’s Healthy School Team to hold a fitness event at a each school that included student and family activities. CSH partnered with Cookeville Leisure Services on Child Health Week Camp during fall break to offer physical activities each day, partnered with Northeast Elementary School teacher on “Exercise All the Time” program using stability balls instead of chairs, partnered with after school program coordinator to implement physical activity classes/clubs at fourteen schools such as Be Fit Club, Healthy Lifestyles Class, physical education-Lifelong Activities Club, Tennis Club/Class, Healthy You Class, Walking Club, Fun in physical education Club, Dance and Rhythm Club, Basketball Club, Sports Mix Club, iPod Fitness Walk Club, Wii Fit and Learn Club, Folk Dance Club, and Team Sports Club.

CSH partnered with TTU Exercise Science, Physical Education and Wellness Department on developing a Paralympic Sport Club for disabled students in the Putnam County School System. The CSH coordinator organized and facilitated trainings for physical education teachers. Partnered with TTU and PCS elementary physical education teachers on 3rd Grade Olympics, Festival of Movement, and 4th grade Fitness Walk, partnered with YMCA on “Learn to Swim” program for all PCS 2nd graders, CSH coordinator facilitated “Walk to School Day” and “Freedom Walk” for schools, CSH coordinator served on a student advisory council at Algood Middle School to review physical activity policy and procedures and develop goals for better compliance.

➤ Nutrition Interventions – CSH coordinator implemented a pilot back pack program in three elementary schools, partnering with a local business. CSH coordinator oversees two existing back pack programs and assisted with expanding one program into its' feeder middle school. CSH coordinator created back pack task force consisting of school personnel and community partners. CSH coordinator partnered with Cookeville Regional Medical Center on a child nutrition campaign. CSH coordinator created media campaign to educate the community on child nutrition. CSH coordinator partnered with the Putnam County Health Council to develop a sub-committee on Child Nutrition. Partnered with UT Extension to provide nutrition education in schools. Partnered with UT Extension and Putnam County Master Gardeners on the "Seedlings" and "Saplings" Junior Master Gardener programs. CSH coordinator partnered with after school program coordinator to implement nutrition classes/clubs at fourteen schools. CSH coordinator collaborates with PCS Food Services Supervisor on ways to promote healthy eating in schools. CSH coordinator facilitated meeting with vending machine company, administrators, Food Services Supervisor, and Assistant Director of Schools to ensure compliance with School Nutrition Law PC 708. Partnered with Tennessee Tech University Nutrition Department to provide nutrition education in classrooms and at family health night events. CSH coordinator contacted PEP Foundation and did presentation to PEP Foundation Board to request partnership with Backpack program and PEP Foundation accepted proposal to adopt Backpack program as main focus of the PEP Foundation.

➤ Mental Health/Behavioral Health Interventions – CSH coordinator coordinates and supervises counseling and social work services for PCS. Partnered with Heart of the Cumberland to provide Developing Coping Skills, Peer Support Groups, Journey, and Grief Support for Kids classes in school and after school programs, along with training school staff. CSH coordinator provides Suicide Prevention training for all schools. Partnered with Cookeville Police, Putnam County Sheriff's Department and Cookeville Breakfast Rotary to provide family event on bullying prevention. Partnered with the Sexual Assault Center to provide curriculum and training to all school counselors on "Be: Promoting Healthy Relationships" through a grant. CSH coordinator coordinated Youth Suicide Postvention for high schools. CSH coordinator organized trainings for school counselors which included grief support group training, community agency safety and health programs, Mental Health integration, Critical Stress Debriefing, and student support teams. Partnered with PCS Graduation Coach to incorporate CSH goals into dropout prevention planning. CSH coordinator provided training to new school counselors. CSH coordinator facilitated Bullying Webinar and planning meeting for all administrators. CSH coordinator developed a committee to review and revise current Bullying policy. Partnered with Plateau Mental Health to provide Positive Action Prevention program and expand it to additional schools. Partnered with Volunteer Behavioral Health on Positive Action Conference for high school students. Facilitates peer support groups with elementary and middle schools. CSH coordinator partnered with after school program coordinator to implement Character Counts and Success Maker programs in schools. CSH coordinator supervises all social workers and social work services. Partnered and contracted with Recovery Living Services to provide mental health services to students in school and to students and their families in the home when needed.

Coordinated School Health in the Putnam County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Melanie Bussell, at bussellm@k12tn.net.



Rhea County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Rhea County School System.

An infrastructure for CSH has been developed for the Rhea County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include the district wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$364,368.90.

Community partnerships have been formed to address school health issues. Current partners include:

Life Care Centers of America

Paint the Town Pottery

Drive Away USA

Wal-Mart

La-Z-Boy

Professional Therapy Services

Dr. Alan Crews

Tim's Tees

1st Bank of Tennessee

Tony Carter Marina

Middle Tennessee Natural Gas

Bi-Lo, Shop Rite

Rhea Family YMCA

Mayfield Dairy

Dayton Herald

Walgreens

Movie Depot

Dayton Police Department

Valley Video

Rhea County Sheriff's Department

Cash Express

Homeland Security

SSM Industries

Rhea Ambulance Service

Rocky Outfitters

Goody's

Rhea County Health Council

UT Extension

Rhea County Health Department

Rhea Medical Center

Dayton Pediatrics

Volunteer State Health Plan (Blue Cross Blue Shield)

AmeriChoice

Women's Care Center

TENNderCare

Xpressions Hair Salon

Market Street Hair and Nail

Mane Attractions

Rhea County United Way

Chattanooga State Technical Community College

Dayton Rotary Club

Miss Tennessee

Ollie the Otter

Bryan College

Spring City Care and

Rehabilitation Center

Southeast Regional Health Office

Cleveland State Community College

Benchmark Physical Therapy

Health Occupations Students (HOSA)

Tennessee Comprehensive Cancer Control Coalition

Dayton Chamber of Commerce

Community CPR Instructors

Southeast Tennessee Human Resources

Agency's Community Prevention Initiative

Ronald McDonald Care Mobile

Frazier Elementary School's PTO

1st Bank of Spring City

Hasslers Drugs

Spring City Pharmacy

Southeast Dental Associates

Dr. Mike Allport

Memorial Breast Services

Mayfield Dairy Farm

Dr. Larry Smith

Southeast Bank

Community National Bank

Meth Free Tennessee

Rhea County Executive's Office

Home Healthcare of East Tennessee community nurses

Rhea County Chiropractic

Ronald McDonald Mobile Care Unit

Dayton Utilities

United Healthcare

Volunteer Energy Cooperative

Rhea Economic and Tourism Council

Get Fit TN

Southeast Tennessee Human Resources Agency

D & K Auto

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health screenings in the form of nursing and scoliosis screening volunteers and the School Health Advisory Council working on the district wellness policy. Currently, 10 parents are collaborating with CSH.

Students have been engaged in many CSH activities. Such activities include sun safety and other health awareness activities through 6-8th grade and Junior Health Councils. Health Occupations Students of America members help collect data during school health screenings. Several students participated in the 5K/Mile Run event and Walk Across TN. We also had 6-12th grade girls participate in the Looking Beyond High School event as greeters, session moderators and fashion show participants. Approximately, 125 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Rhea County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – there were 1,722 students who received at least one health screening for hearing, vision, scoliosis, height, weight and/or blood pressure. Most students received all of the mentioned health screenings. Of those students screened, 700 received BMI referrals, 49 received blood pressure referrals, 10 received referrals for scoliosis, 22 received referrals for hearing and 61 received referrals for vision.

Students have been seen by a school nurse and returned to class – there have been 91,548 visits to the school nurse district wide since the implementation of Coordinated School Health in the Fall of 2007. Of those, 78,563 were returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2010-2011 school year, preliminary BMI data in Rhea County show 2% were in the “underweight” BMI range, 57% were within the “normal” BMI range, 41% were in the “overweight or obese” BMI range. Overall, our rates have improved since the implementation of Coordinated School Health during the 2007-2008 school year as demonstrated in the chart below.

School Year	2007-2008	2008-2009	2009-2010	2010-2011
Underweight	1%	3%	2%	2%
Normal	55%	54%	56%	57%
Overweight or Obese	44%	43%	42%	41%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model curriculum, treadmills, stationary bikes, row machines, abdominal machines, incline trainer and a cable machine for fitness rooms, physical education equipment, elementary school playground equipment, Wiis and Take 10! curriculum. We also purchased materials for implementation of the “Go, Slow, Whoa” program in K-5 cafeterias;

Professional development has been provided counselors, PE teachers, and nurses. Examples include Take 10! and physical activity in the classroom, Michigan Model training, CPR for all coaches and special education staff and physical education professional development such as a refresher course on the Presidents Physical Fitness Test. CSH also paid for 2 nurses to attend the annual CSH Institute one year and 2 coaches/physical education teachers to attend a TAHPERD conference.

School faculty and staff have received support for their own well-being through CSH sponsored walking contests, CSH funded fitness centers and CSH e-mailed monthly health tips.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – all K-5 school counselors and high school Lifetime Wellness teachers have a full set of Michigan Model materials and training, CSH coordinator reviewed Tennessee Lifetime Wellness and Physical Education standards with all K-12 physical education teachers and high school Lifetime Wellness teachers;
- Physical Education/Physical Activity Interventions – CSH coordinator has offered professional development for classroom teachers about Take 10!, physical activity in the Classroom, Tennessee’s Physical Activity Handbook and North Carolina’s “Energizers.” CSH coordinator reviewed Tennessee Lifetime Wellness and Physical Education standards with all K-12 physical education teachers and high school Lifetime Wellness teachers;
- Nutrition Interventions – One Rhea County school received the Fresh Fruits and

Vegetables Grant for the 2010-2011 school year. We are in the process of implementing “Go, Slow, Whoa” in our K-5 cafeterias. Individual lessons and sampling activities have been provided to teachers as requested;

- Mental Health/Behavioral Health Interventions – All Rhea County school’s faculty attended a three day in-service for “Capturing Kids Hearts.”

Additional accomplishments include students in the Rhea County School System who have been able to get the help they needed as a result of the annual health screenings and referrals. Several students and their parents discovered a need for glasses or hearing aids which thereby led to improved grades.

Coordinated School Health in the Rhea County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Christy Hennessee, at 423-365-9306.



Richard City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Richard City School System.

An infrastructure for CSH has been developed for the Richard City School System that includes:

- School Health Advisory Committee
- One Healthy School Team
- School Health Policies strengthened or approved include the wellness policies on physical activity and nutrition and the mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$3,300.00

Community partnerships have been formed to address school health issues. Current partners include:

- Grandview Medical Center
- TennCare
- Marion County Health Council
- UT Extension
- SVEC
- Marion County Health Department
- Blue Cross Blue Shield
- CoverKids
- Lions Club
- Subway
- Tennessee Tech University

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including the PTA/PTO, Child Health Week, Smoothie Day, Taste Sampling Day, and Family Fitness Night. Currently, 15 parents are collaborating with CSH.

Students have been engaged in CSH activities such as melanoma presentation, tobacco handout and campaigns, health fairs, Healthy Horizons, and preparing foods for national disaster victims in surrounding area. Approximately nine students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Richard Hardy City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers: RHMS CSH has screened 156 students and referred 28 students;

Students have been seen by a school nurse and returned to class – 1140 students have been seen by a nurse. Only 81 students were sent home.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: 3 Wii game systems, Xbox 360 game system with Rock Band, 2 Wii Fit, Wii fitness games, Michigan Model curriculum, Spooner Boards, exercise equipment, walking trails, and a sand volleyball court;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CPR training and flu shots available for all staff.

School faculty and staff have received support for their own well-being through: Zumba classes, Portion Control Classes, free 30 minute massages for teachers, and a walking group.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Dental bus, salad bar 3 days a week, smoothies and fruits given out, blood drives and platelets, Red Ribbon Week and campus clean up day, 7th and 8th grade drug retreat, speech contest about tobacco through 4-H, Ollie the Otter, river rescue to clean up by the river to help the community;
- Physical Education/Physical Activity Interventions – Zumba classes 3 times a week, Walking Works program, healthy snacks given out weekly, Taekwondo classes, Jump Rope for Heart, cowboy day with square dancing;

- Mental Health/Behavioral Health Interventions – Kids on the Block, a five member team from RHMS attended a Mental Health Systems Integration Grant meeting, Mrs. Hill held the first Mental Health Council (adult) meeting to discuss Module 6. RHMS entered into a mental health agreement with Mountain Valley Mental Health Center (MVMHC school-based Therapy Service). Faculty and staff were asked for referrals for mental health issues. A list of 26 students was assembled to target this year. The issues targeted were depression, anger, Asperger's, domestic violence, anxiety, death in the family, First Things First, and Mental Health America.

Coordinated School Health in the Richard City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Dan Tierney, at dtierney@richardhardy.org.



Roane County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Roane County School System.

An infrastructure for CSH has been developed for the Roane County School System that includes:

- School Health Advisory Committee
- Eighteen Healthy School Teams
- School Health Policies strengthened or approved include the following:

Module	#	Policy	Strengthened	New
General	3.69	Student Wellness	3-10-10	
Nutrition	3.57	Food Service (Competitive Food Rule)	3-19-09 and 6-17-10	
	4.31	Food Service Management	3-19-10	
Physical Education/PA/ Health Education	6.07	Health Physical Education/Wellness		3-19-07
Health Services	3.28	Health Services/Duties of School Nurses	3-19-09	
	3.29	Physical Examinations/Immunizations	3-19-09	
	3.32	Head Lice	1/20/11	
	3.33	Medicines	11-19-09	
	3.33b	Emergency Allergy Response Plan		3-19-09

Healthy School Environment	2.14	Drug-Free Workplace	3-20-08	
	2.15	Tobacco-Free Schools	3-19-09	
	3.13	Student Discrimination/Harassment and Bullying/Intimidation	5-20-10	
	3.16	Student Drug Testing for Athletes	10-23-08	
	3.70	Cyber bullying		5-20-10
Mental Health	3.34	Student Psychological Services	1-20-11	

- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$120,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

Allergy, Asthma and Sinus Center (Knoxville)

Foust Family Fitness Center

American Cancer Society

Kingston Fire Department

American Heart Association

Kingston Police Department

Covenant Health

Lion's Club of Harriman

Children's Special Services

Medic Blood Center (Knoxville)

Cover Kids

Mid-East Head Start (Teen Pregnancy Program)

District Attorney General: Russell Johnson

Ridgeview Mental Health Center

Dr. Linda G. Hunter, Kingston Chiropractic

Roane County Anti-Drug Coalition

Dr. Silvia Mende, Optometrist

Roane County Health Council

Dynamic Dietetics (Dee Ann Harwell, MS, RD, LDN)

Roane County Health Department

East Tennessee Epilepsy Foundation (Paula Ellis)

Roane County News

East Tennessee Regional Health Office

Roane County Parks and Recreation Department/Center

Roane Medical Center

Roane State Community College: Staff
Wellness/ Fitness

CenterSafe Haven–Sexual Assault Response
Team

Safe Kids Coalition of Knoxville (Children’s
Hospital)

School-Wide Positive Behavior Support
Program: Dr. Jennifer Butterworth

Something Better Program: (Matthew Parsons)
for high schools (abstinence/STD education)

STAR Physical Therapy (Kingston)

STARS (abstinence/STD education for middle
schools – Florence Crittenden)

TENNderCare

Tennessee Highway Patrol (Ollie the Otter
program)

Tennessee National Guard Unit (Drug Trailer
and Climbing Wall)

Tennessee Technology Center, Harriman
(assistance with health screening)

TNCEP Coalition

United Health Care Community Plan

UT Extension Services

UT Medical Center Respiratory and Trauma
Departments

UT Medical Center Mobile Mammography Unit

VEFA (Volunteers for Educating for Food
Allergies) - Knoxville

Volunteer State Health Plan

Well Child, Inc (EPSDT screenings)

Western Heights Dental Outreach, Knoxville
(Sherra Robinson)

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as health screenings, School Health Advisory Council, Roane Schools 5K Race/Walk, Kid’s Fun Run, Healthy Option Days, Tasty Tuesdays and Healthy School Teams. Currently, 98 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Healthy School Teams, P3 Leadership Clubs, Student Advisory Boards, Prom Promise Activities, Kids Fun Run, Healthy Option Days, Covenant Kids Run/Marathon. Approximately, 464 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Roane County School System, the following health interventions have taken place. Listed below are totals from the 2010-11 school year.

School Health Screenings and Referrals to Health Care providers

	Vision		Hearing		Blood Pressure		BMI	
	Screened	Ref	Screened	Ref	Screened	Ref	Screened	Ref
K-5	1495	175	1495	47	1299	21	1285	291
6-8	1028	66	1028	13	937	45	920	228
HS					477	27	478	79
Totals	2523	241	2523	60	2713	93	2683	598

	Scoliosis		Dental		PFT Screens	
	Screened	Ref	Screened	Ref	Screened	Ref
K-5			1282	238	83	
6-8	473	79	348	36		
HS						
Totals	473	79	1630	274	83	

In 2010-2011, **29,258** students have been seen by a school nurse and **26,228** of those students were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The data below taken during the 2010-11 School Year reflects a 1.6% decrease in overweight/obese rates as measured in the first year of the Coordinated School Health Program in 2007-08 (41.4%)

Roane: District-Wide 2010-11 Summary of BMI			
	<u>Boys</u>	<u>Girls</u>	<u>Total</u>
<u>Number of children assessed:</u>	1414	1243	2657
Underweight (< 5th percentile)	2%	2%	2%
Normal BMI (5th - 85th percentile)	55%	61%	58%
Overweight or obese (\geq 85th percentile)*	43%	38%	40%
<i>Obese (\geq 95th percentile)</i>	26%	22%	24%
*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.			

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, Michigan Model health curriculum for all elementary and middle schools, Take 10! physical activity modules for teachers in elementary schools, stadiometers and digital scales for BMI measurements;

Professional development has been provided to school health staff to include counselors, physical education teachers, nurses, wellness teachers and elementary classroom teachers. Examples include: In-service presentations for nurses, Child Abuse Seminar for counselors, Pediatric Diabetes Conference for nurses, registrations for physical education teachers to attend the TAHPERD conference, diabetic emergency training for staff volunteers, CPR/AED training for staff on a volunteer basis, Michigan Model health curriculum training for teachers implementing the model and Take 10! training for staff implementing the program; and

School faculty and staff have received support for their own well-being through reduced rates at local fitness clubs, health screenings, flu shots made available, access to the dietician contracted through CSH to address personal issues and health-related information on request for personal, classroom or communication with parents on request.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – implementation of Michigan Model in elementary and middle schools, Healthy Option Days for middle school students, speakers, supplemental materials for specific classroom topics, Health Department, UT Extension services and Roane Anti-Drug Coalition presentations to students, District Attorney’s Office program for teens: “What’s the Rush? Don’t Be a Teen Parent”, “Something Better” and “Stars” abstinence-based family life education, and hand washing campaign throughout the district;
- Physical Education/Physical Activity Interventions – 90 minute physical education/physical activity requirement compliance, Mile Run yearly comparisons to show improvement, and Take 10! in several elementary classrooms throughout district;
- Nutrition Interventions – GO, SLOW, WHOA! program implemented in two schools, Tasty Tuesday vegetable/fruit sampling program for elementary schools, salad bar or entre’ salad available everyday in every school, 1% milk is the only milk offered in all 18 schools, low-salt recipes being used on an increased level, and 51% whole grain products being used wherever possible;
- Mental Health/Behavioral Health Interventions – School Support Team consisting of three family support workers (social workers) and three student support workers available to work with individual schools and/or students, school-wide Positive Behavior Support Program, and a strengthened working relationship between schools and district/community mental health agencies.

Additional accomplishments include:

Whole Foods Salad Bar Grant: Midway Middle Schools was awarded a salad bar grant to include a mobile salad bar cart, cooling system, training for staff and all the materials and supplies needed to make the salad bar operational. The total of the package was over \$3,000;

Indoor Air Quality Grant: A \$1,000 grant from American Association of School Administrators for improving air quality was awarded and used for two schools (Midtown and Kingston Elementary Schools). Surveys were taken and it was determined that the need was for HEPA Air Purifiers and replacement filters to improve indoor air quality. A bonus to the grant was a partnership with the Asthma, Allergy and Sinus Center of Knoxville who supplied PFT screens for 4th grade students in those schools as well as allergy panels for the staff at those schools totaling almost \$2,000 additional;

Tasty Tuesday Program: Tasty Tuesday is a vegetable/fruit sampling program in partnership with the UT Extension/TNCEP program and the Roane County Health Council. On a rotating basis, each participating school samples the new or unusual fruit/vegetable of the week. Educational information, puzzles and “I tried” stickers are given to classroom teachers to supplement the experience. This program won the Governor’s Shining Star Award in 2010 and the Rural Health Association Award in 2010. This is the third year of the program and is now in seven elementary schools and one middle school;

GO, SLOW, WHOA! Program: GSW is a nutritional awareness program that encourages students to make healthier choices for their school lunch with an anticipated carry-over effect for all meals. Through partnership with the Roane County Food Service Manager, the café staff at participating schools and the nutritionist consultant for the schools, all foods served are color-coded as green (go), yellow (slow) and red (whoa). When students see the colors marking the food choices, they are aware of green being the healthiest and red being the least. Although they are encouraged to choose some from each color option, they hopefully will choose more and more green selections and less and less red options. Thus far, the two schools initiating the program have seen an increase in salads vegetable and fruit options. The hope is to expand this program to each elementary school in the near future;

“Run for your Health” 5K/Walk Race: This has become a yearly event and has attracted more staff and students each year as well as community both in and out of Roane County. The purpose is two-fold. First, it was planned for staff and students only to encourage the “CSH” spirit that physical activity can be fun. The second purpose was an extension of the first. It also became a fund-raiser in which the proceeds and donations go to supplement and enhance wellness programs for students – in particular, the Kids Fun Run held in the spring;

Healthy Choices Days: Healthy Choices (Options) Days are an all day wellness awareness program for middle school students. Several in-community and out-community agencies come together and spend a complete day at one middle school and share a wealth of information on such things as healthy nutrition and snacking, fitness benefits, dental care, healthy relationships, dangers of drugs, alcohol and “sexting”, internet safety, ATV and water safety, heart health, cancer prevention and awareness, allergies and many more topics. Currently, the program is at two middle schools;

Kids’ Fun Run: This initiative has become a yearly event. On a Saturday morning in the spring, we host a competitive running/walking event for elementary students. Students can receive medals, physical education equipment for their schools and a backpack full of such things as a healthy snack, pedometer, and more. Parents share the event with their kids and are also able to receive information from community agencies such as TennderCare, the Health Department, and TNCEP. This event is made possible through proceeds from the annual 5K race;

Covenant Health Kids Marathon: Each year for the past two years, we have sent a busload of kids to Knoxville to run this event. In January, at the Knoxville Zoo, the annual kick-off takes place and kids register and run the first mile of the marathon. Until the April event, students run weekly to accumulate 25 miles or more with the last mile run on the eve of the Knoxville Marathon. Both last year and this year, one of our schools, Kingston Elementary, has won a \$250 prize for physical education equipment for the large group participation representing Roane County.

Coordinated School Health in the Roane County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Patti Wells, at 865-882-3700 x1910.



Robertson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Robertson County School System.

An infrastructure for CSH has been developed for the Robertson County School System that includes:

- School Health Advisory Committee
- Twenty Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$138,486.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ Robertson County Health Council | ➤ Springfield YMCA |
| ➤ Robertson County Homeless Committee | ➤ Departments of Robertson County |
| ➤ Robertson County Teen Pregnancy Committee | ➤ Board of Education |
| ➤ Bridging the Gap (PLC) | ➤ Family Resource Center |
| ➤ Community Partners Council | ➤ School Nursing |
| ➤ Drug Endangered Child Task Force | ➤ School Nutrition |
| ➤ Truancy Hearing Authority | ➤ Curves for Women |
| ➤ Parent Advisory Committee | ➤ Weight Watchers |
| ➤ Robertson County Health Department; | ➤ Well Child, Inc. |
| ➤ Robertson County University of Tennessee Extension Office | ➤ Rural Health Association of Tennessee |
| ➤ CoverKids | ➤ TAHPRRD |
| ➤ TENNderCare | ➤ Mid-Cumberland Council on Children and Youth |
| ➤ AmeriGroup | ➤ Tennessee School Health Coalition |
| | ➤ CenterStone |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Healthy School Teams, Family Fitness Day, and student health screenings. Currently, 156 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Family Fitness Day. Approximately, 16 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Robertson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 4,840 students screened with 2,480 students referred during the 2010-2011 school year;

Students have been seen by a school nurse and returned to class 37,872 times;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In Robertson County Schools 2% of students are underweight, 56% of students are at a healthy weight, and 42% of students are at risk of being overweight;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, curriculum, climbing walls, fitness rooms, playground equipment, training for staff, laptops for student fitness tracking and physical education equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include archery, diabetes treatment, and activities in the academic classroom;

School faculty and staff have received support for their own well-being through Biggest Loser competitions, flu shots, blood pressure and body mass index screenings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – updated education materials, additional programs, guest speakers, new health curriculum, student health screenings, teacher in-services, materials for principals and teachers on how to incorporate health topics into everyday lessons, coordinated with the Robertson County Health Department to provide numerous sessions on the importance of health for all school aged children, hosted three Family Fitness Day's with booths offering ways to improve their students health, distributed nutrition newsletters monthly for all middle and high school students, and offered a Biggest Loser program for high school students;

- Physical Education/Physical Activity Interventions – updated equipment, purchased playground equipment, hosted four Family Fitness Day's with different events to encourage lifelong fitness, offered in-services for teachers with new and exciting activities for their classroom, and school board policy states that all elementary schools must provide recesses at least once daily;
- Nutrition Interventions – removal of fryers from cafeterias, offering boxed salads, coordinated with the Robertson County Health Department to provide numerous sessions on the importance of good nutrition for all school aged children, distributed nutrition newsletters monthly for all middle and high school students, School Nutrition Program works hard to exceed the health standards of all meals, and all schools met the state nutritional guidelines for both the cafeteria and all vending machines, food is not used as a reward.

Coordinated School Health in the Robertson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Dawn Callas, at 615-384-0152.



Rogersville City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Rogersville City School System.

An infrastructure for CSH has been developed for the Rogersville City School System that includes:

- School Health Advisory Committee
- One Healthy School Teams
- School Health Policies strengthened or approved are the wellness policy, comprehensive health education policy and the physical education policy (which exist in an umbrella policy under the wellness policy).
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$50,400.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|---|
| ➤ Wellmont Hospital | ➤ Food City |
| ➤ 2 nd Harvest Food Bank | ➤ Presbyterian Women's Ministry |
| ➤ Rogersville Review | ➤ Rogersville Park and Recreation |
| ➤ TDOT | ➤ Family Resource Center |
| ➤ Hawkins County Health Department | ➤ Town of Rogersville Safety Teams |
| ➤ Rural Health Consortium | ➤ Tennessee Cancer Coalition |
| ➤ Food City; Kiwanis | ➤ Little Roller City Derby Girls |
| ➤ Town of Rogersville | ➤ IW8 abstinence family life health education group |
| ➤ Wellmont Project Diabetes Grant administrator | ➤ Kingsport Times |
| | ➤ Chip Hale Center |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Six parents assisted with health screening for RCS students in September, 15 parents partnered with CSH to provide gifts to children in our school for Christmas, one parent partnered to provide clothing to the clothing closet overseen by CSH, multiple families donated food items for the food pantry/school food backpack program, six parents assisted

with 'non-food' positive behavior rewards, and 10 family representatives attended the 'Dining with the Chef' healthy recipe tasting during Child Health Week sponsored by CSH and Wellmont. Currently, 37 parents are collaborating with CSH.

Students have been engaged in CSH activities including 15 Beta Club students have planned for the Food Service Appreciation Day making signage and five art students have been working on aprons for the cafeteria staff. Each art class participated in World School Milk Day by doing milk carton art for the cafeteria and twenty 7th grade students made milk posters to hang in the cafeteria. All of these students were taught during the activity about the importance of milk in the diet. Approximately, 35 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Rogersville City School, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – for the 2010-2011 school year, 376 students were screened for vision, hearing, blood pressure and BMI. 25 students were referred for vision, 10 referrals for hearing, 5 referrals for blood pressure, 60 referrals for BMI. 547 students were screened for dental. 124 students were referred and treated with sealants;

Students have been seen by a school nurse and returned to class – 3,584 students were seen by a school nurse and 3,184 returned to class after being seen by the school nurse;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI rates for overweight/obese decreased 3.6% for grades screened compared to 2007-2008 initial data. Initial overweight/obese data for 2007-2008 was 42.6% whereas in 2010-2011 this rate decreased to 39%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model comprehensive health curriculum for all grades, Family Life Education for grades 6-8, newsletters for students and parents focusing on health and wellness, and items for 1st grade store pilot to encourage healthy/non-food item rewards for good behavior.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD conference for physical education teacher and the Healthy Minds and Body Conference for school counselor;

School faculty and staff have received support for their own well-being through a staff fitness room housing exercise equipment, monthly newsletters for students, staff, and parents and a fitness instructor for staff offering 3 days per week of cardio and muscle strength training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – school health information is included in the school newsletter, the webpage, and sent home to parents as needed. The SBHC provides services that include well-child screenings, sports physicals, mental health referrals, staff and student nurse practitioner visits, routine head lice checks for students, hand washing education for lower grades, health screenings, staff insurance physicals etc all of which offer opportunities for health education; The Michigan Model health curriculum has been implemented in grades K-8;
- Physical Education/Physical Activity Interventions – CSH is partnering with our school nutrition director in the Healthier US School Challenge. All grades meet the 90 minute physical activity law utilizing physical education class and in the classroom physical activities including Take10! and Hoops for Heart. Rewards for positive behavior include physical activities such as bounce houses, inflatables, sporting games. End of the year class activities include kick-ball games conducted on the front lawn. CSH assisted Pre-K in installing a new piece of playground equipment to be utilized by grades k-4;
- Nutrition Interventions – CSH is partnering with school nutrition in the Healthier US School Challenge. World School Milk Day was celebrated in September. Flavo-rich provided a cow costume- worn by the CSH director. Milk stickers and goodies were given away during the am, a visit by the cow was made at breakfast and to the lower grade level classrooms; breakfast participation was discussed in our HST meeting. School nutrition was celebrated during Child Health Week (May 9-13 for the Town of Rogersville). Welch's PACK week was implemented during health week with the cafeteria and classrooms celebrating a different color of fruit and veggie each day. Project Diabetes Grant through Wellmont Hospital purchased fruits for the kindergarten classes as a taste test also during this week; Food backpacks given out to needy students through a partnership with 2nd Harvest Food Bank and local churches;
- Mental Health/Behavioral Health Interventions – an MOU between Frontier Mental Health and the school has been board approved for mental health services. The school counselor is implementing the Michigan Model curriculum for K-3. Grades 4-8 began implementing the Michigan Model curriculum in April after TCAP testing. Our school based clinic also does mental health references as needed with the Rural Health Consortium. CSH is also the link for teachers to refer students who have needs such as hunger, homelessness, and clothing needs. The CSH coordinator works with the guidance counselor on these issues and also the Title 1 coordinator. All areas related to the Mental Health Integration Grant have been met.

Coordinated School Health in the Rogersville City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to

student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Stephanie Eidson, at 423-272-7651.



Rutherford County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Rutherford County School System.

An infrastructure for CSH has been developed for the Rutherford County School System that includes:

- School Health Advisory Committee
- Twenty-four Healthy School Teams with 8 under development
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$48,665.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|--|
| ➤ Rutherford County Wellness Council | ➤ National Hospital Association- including members at Skyline Medical Center |
| ➤ Rutherford County Health Department | ➤ Madison Campus and Stone Crest Medical Center |
| ➤ Get RutherFit | ➤ CADCOR (Community Anti-drug Coalition of Rutherford County) |
| ➤ (Smart Steps) Wellness Council | ➤ Murfreesboro Parks and Recreation |
| ➤ UT-Extension | ➤ LaVergne Parks and Recreation |
| ➤ TNCEP (Tennessee Nutrition and Consumer Education Program) | ➤ SNAP Fitness |
| ➤ Middle Tennessee State University | ➤ Vision Service Plan (VSP) |
| ➤ Middle Tennessee Medical Center | ➤ Care Here |
| ➤ The Guidance Center | ➤ Life Services EAP |
| ➤ TENNderCare | ➤ Sexual Assault Center |
| ➤ American Heart Association | ➤ Patterson Park Community Coalition |
| ➤ Murfreesboro City Schools | ➤ Nashville MPO, |
| ➤ The Guidance Center | ➤ 4-H, |
| | ➤ Primary Care |
| | ➤ Hope Clinic, |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include the Community School Advisory Council and Healthy School Teams. Currently, 14 parents are collaborating with CSH.

Students have been engaged in CSH activities including GYM club and Healthy School Teams. Approximately, 57 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Rutherford County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – in 2010/2011, 13,632 children were screened for hearing, vision, blood pressure and BMI. These screenings resulted in 93 hearing referrals, 1,170 vision referrals, 5,316 BMI referrals, and 1,930 blood pressure referrals. Also, 2,470 sixth grade students were screened for scoliosis resulting in 161 referrals;

BMI data has been collected that shows the severity of the childhood obesity epidemic in Rutherford County. Data from the 2010/2011 school year shows that 2% of students are underweight, 59% are normal weight, 21% are overweight, and 18% are obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, recess activity bags, Michigan Model health curriculum and support materials, Take 10! materials, calibration of health screening equipment, general office supplies, mental health related books, health related books, printing of hearing and vision cards for health screening, playground equipment, health equipment for health screenings, Wii play systems and games, and a Survey Monkey subscription;

Professional development has been provided to school health staff including school counselors, physical education teachers, nurses, teachers, and school nutrition staff. Examples include Michigan Model curriculum training, Take 10!, physical activity in the academic classroom, Healthy Edge Training, and TAPHERD attendance;

School faculty and staff have received support for their own well-being through employee appreciation fairs, weight loss programs, walking programs, various health and wellness programs offered through Care Here and Cigna including mental health, smoking cessation, weight loss, and nutrition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training and materials for school counselors and teachers;
- Physical Education/Physical Activity Interventions – physical education materials, TAPHERD training for physical education teachers, physical education planning meetings, Take 10! and physical activity in the academic classroom in-services;
- Nutrition Interventions – Michigan Model and Take 10! materials and trainings for teachers;
- Mental Health/Behavioral Health Interventions – Community Resource Fair and mental health 101 training.

Coordinated School Health in the Rutherford County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jenna Stitzel, at 615-893-5812 x22174.



Scott County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Scott County School System.

An infrastructure for CSH has been developed for the Scott County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the 90 minute Physical Activity Law, only nutritionally good food sold in K-8 schools, and the comprehensive health education policy strengthened
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$553,592.50.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|----------------------------------|--|
| ➤ ALQI | ➤ Hope Initiative |
| ➤ UT Extension Service | ➤ Women's Shelter |
| ➤ Mountain Peoples Health Center | ➤ Tennessee Regional Health Department |
| ➤ St. Mary's of Scott County | ➤ Lions Club |
| ➤ Tennessee Vocational School | ➤ Scott County Sheriff's Office Winfield Police Department |
| ➤ First National Bank | ➤ Scott County Executive |
| ➤ Oneida Schools | ➤ Scott County EMS |
| ➤ STAND program | ➤ Chamber of Commerce |
| ➤ Americhoice | ➤ Family Resource |
| ➤ Ridgeview | ➤ Huntsville Mayor |
| ➤ Scott County Health Department | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Healthy School Team's, field days, school health screenings, and after school Family Resource events. Currently, 65 parents are collaborating with CSH.

Students have been engaged in CSH activities through participation on the Healthy School Teams. Approximately, 7 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Scott County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,600 students screened and 208 students referred;

Students have been seen by a school nurse and returned to class – 11,479 students seen by nurse, 10,288 students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 45% of our students are Overweight/Obese and 27% are Obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model comprehensive health education and various playground equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CPR training, physical education in-service training-by Pat Hewitt, and TAPHERD; and

School faculty and staff have received support for their own well-being through Biggest Loser weight loss competition, and Zumba.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model comprehensive health education;
- Physical Education/Physical Activity Interventions – Mile Run/Walk;
- Nutrition Interventions – backpack program, and fruit and vegetable snack program;

Coordinated School Health in the Scott County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Brent Shoemaker, at 423-663-2159 x8032.



Sequatchie County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sequatchie County School System.

An infrastructure for CSH has been developed for the Sequatchie County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$25,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|---------------------------------|
| ➤ SETHRA | ➤ Sequatchie Valley Eye Care |
| ➤ TENNderCARE | ➤ Family Health Center |
| ➤ Sequatchie County Health Department | ➤ Dunlap Medical Center |
| ➤ TN Department of Health | ➤ TNCEP |
| ➤ Health Council | ➤ Serenity Pointe |
| ➤ Sequatchie County Community Advisory Board | ➤ Volunteer State Health Plan |
| ➤ Citizens Tri County Bank | ➤ TN dept of Dental |
| ➤ UT Extension | ➤ Care All Home Health |
| ➤ Women's Care Center | ➤ Rite Aid Pharmacy |
| ➤ Local Police Department | ➤ Health Resource Education |
| ➤ Fire Department | ➤ Dept of Children Services |
| ➤ Emergency Services | ➤ City of Dunlap |
| ➤ Lions Club | ➤ PTO |
| | ➤ Mountain Valley Mental Health |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health screening, healthy school teams, spring flings, and field days. Currently, there are approximately 20 parents collaborating with CSH.

Students have been engaged in CSH activities that include helping to schedule the National Guard for a drug presentation and health education resources for obesity and nutrition presentation to be taught to the 9th grade wellness classes. At the high school there is also HOSA group which participates in the regional and state competitions in various health care subjects such as EMS, nursing, human growth and development. Other health issues that the students are working to address are teen pregnancy education and reduction, cancer, and obesity (nutrition and fitness) education and reduction, skin cancer, mental illness, and self image. There are approximately 40 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Sequatchie County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 3570 students screened and 568 students referred;

Students have been seen by a school nurse and returned to class – in 2007-2008: 4324 students visited the nurse and 3230 of those were returned to class; 2008-2009: 2315 students visited the nurse and 1609 of those were sent back to class; 2009-2010: 2696 students visited the nurse and 2007 of those students were sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The overweight/obese rate for our students is 44%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include nutrition nugget newsletters to be sent home monthly, teen food and fitness newsletters to be sent home monthly, school health forms for the nurse, fitness dice, and exercise balls. Frisbees, pilates for kids, exercise in classroom CDs, Fit Kids DVD for classroom use, basketball goal for playground, screening equipment, grade level activity kits for recess usage, heart rate monitors, Dance Dance Revolution and Take 10! curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CSH provided school health staff with Take 10! training, Michigan Model training, School Nurse Association Conference, TAPHERD, CANS (Child and Adolescent Needs and Strengths) training, bloodborne pathogen training, diabetes training, CPR, and Epi-Pen training; and

School faculty and staff have received support for their own well-being through participating in a Biggest Loser contest, exercise classes, dietician availability, partnering to have flu vaccine brought to the schools, bone density screening, and massages offered to teachers periodically.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – CSH staff sent home recommendations for snacks for students in grades Pre-K thru 5th. These snacks are for the daily snacks and parties. Classes offered include hand washing, nutrition, abstinence classes, bullying classes, STD classes, and safety classes;
- Physical Education/Physical Activity Interventions – much physical education equipment has been purchased for use by the physical education teachers and classroom teachers. CSH and the physical education teacher were able to conduct a pilot program adding an extra physical education class for one third grade class. This helped to lead to a new full time physical education teacher at the elementary school;
- Nutrition Interventions – Sequatchie County Schools offer salad bar at the middle school and CSH staff sent home a recommended list for healthy snacks for the elementary school. The cafeterias also offer low fat to 2% milk trying to make a complete change to 1% milk. CSH hired a registered dietician to offer services to staff, students and families;
- Mental Health/Behavioral Health Interventions – Sequatchie County schools partnered with Mountain Valley Mental Health to provide a counselor to offer student counseling services at each school.

Additional highlights for the Sequatchie County School System include offering student screenings. Many students have been able to receive the health care that may have gone unnoticed for longer periods of time, which would only add to barriers in academics. CSH has encouraged teachers to be involved with exercise and to understand the link between students' health and their academics. CSH has purchased bouncy balls for some Kindergarten classrooms to use instead of chairs. This helps with balance and children and helps students release extra energy so they can remain seated and learn.

Coordinated School Health in the Sequatchie County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Rolanda Green, at 423-949-3617.



Sevier County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sevier County School System.

An infrastructure for CSH has been developed for the Sevier County School System that includes:

- School Health Advisory Committee
- Healthy School Teams in all schools
- School Health Policies have been strengthened and reviewed
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 3,278,450.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|------------------------------------|---|
| ➤ Cherokee Health Systems | ➤ Dental Screenings |
| ➤ GoTry Be | ➤ Private donations for Second Harvest |
| ➤ Epilepsy Foundation | ➤ Backpack Program |
| ➤ Florence Crittenden Agency | ➤ UTK Extension Office |
| ➤ ETSU Department of Public Health | ➤ TWRA |
| ➤ Covenant Health System | ➤ DARE |
| ➤ Girls on the Run | ➤ Sevier County Family Resource Center |
| ➤ RAM | ➤ Sevier County Department of Public Health |
| ➤ Charter Public Television | ➤ State 21 st Century Grant |
| ➤ Local Police Departments | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Mini Relay for Life, school health fairs, individual school healthy teams, PTA presentations, and school committees. Currently, 2,408 parents are collaborating with CSH.

Students have been engaged in CSH activities such as mini relay for life, school health fairs, Healthy School Team committees, class presentations for tobacco cessation or drug prevention, and PTA presentations. Approximately 3,228 students are partnering with Coordinated School Health to address school health issues.

School Health Interventions

Since CSH has been active in the Sevier County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 6046 students screened for vision and 331 referred, 5554 students screened on body mass index and 998 referred, 5,554 students screened for blood pressure and 277 referred, and 1,021 students screened for dental and 71 referred;

Students have been seen by a school nurse and returned to class – 112,200 student visits were reported resulting in 108,610 students returned to class after their school nurse visit;

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Sevier County School System. Beginning with 2007-2008 the percentage of overweight/obese students was 41.9%, that percentage improved during 2008-2009 to 39%, once again the percentage improved during 2009-2010 to 37%, and during 2010-2011 the overweight/obese percentage improved to 36% percent;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include additional physical education activity equipment, Take10! curriculum, clinic equipment for testing BMI, tobacco cessation presentation equipment TATU, comprehensive health education curriculum, and nutritional education curriculum;

Professional development has been provided to school health staff to include in-service training of all K-5 teachers on Take 10! classroom curriculum, in-service to physical education instructors for purposes of collaboration on methods of instruction, in-service for school nurses in health topics and telemedicine, and committee meetings in development of health policies; and

School faculty and staff have received support for their own well-being through a partnership with East Tennessee State. Staff wellness assessments were conducted for all who were interested.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – review of various comprehensive health curriculum;

- Physical Education/Physical Activity Interventions – addition of “Walking is the Habit”, Take 10! activity curriculum, and GoTryBe internet curriculum;
- Nutrition Interventions – “Go Slow Whoa”, My Pyramid curriculum, and Portion Distortion;
- Mental Health/Behavioral Health Interventions – School Wide Positive Behavior Program.

Coordinated School Health in the Sevier County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Don Best, at 865-654-7848.



Shelby County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in 2007.

An infrastructure for CSH has been developed for the Shelby County School System that includes:

- School Health Advisory Committee
- Fifty-one Healthy School Teams plus our 2 alternative school sites
- School Health Policies strengthened or approved include diabetes management, life-threatening allergy policy, wellness policy and procedure being reviewed, guidelines for students who are ill, and heat and cold guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$417,634.84.

Community partnerships have been formed to address school health issues. Current partners include:

Let's Change Coalition (Shelby County Collaborative initiative)	Southern College of Optometry
Healthy Memphis Common Table	University of Memphis College of Nursing
Juvenile Court Foster Care Review Board	University of Memphis Health Promotion Program
PACE—Partnerships for Active Community Environments	Southwest Tennessee Community College
TNCEP/EFNEP (UT and TSU Extension)	Memphis Dietetic Association
Shelby County Health Department	Alliance for a Healthier Generation
Healthy Kids and Teens	American Heart Association
SAVE (School Advocates for Vision in Education)	Pfizer
	Novartis
	Merck

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include school health screenings, nutrition education seminars and displays, health fairs, parent volunteers for field days, and carnivals. Currently 1,382 parents are collaborating with CSH.

Students have been engaged in CSH activities that include health education delivery to feeder school students, health fairs, walk-a-thons, field days, and healthy fundraising campaigns. Approximately, 11,000 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Shelby County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers have increased due to improved data collection and notification procedures. During the 2010-2011 school year, 17,647 students were screened for BMI resulting in 3,870 referrals, 14,736 students received a hearing screening resulting in 1,060 referrals, 10,525 students received a vision screening resulting in 1,709 referrals and 17,463 students received a blood pressure screening resulting in 449 referrals.

Students have been seen by a school nurse and returned to class total 42,161 visits to a school nurse with 29,966 students being returned to class. This represents a 71% return to class rate.

BMI data has been collected that shows the severity of the childhood obesity epidemic in Shelby County by school.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Wii game consoles and support bundles for active gaming for 15 schools, and specialty physical activity equipment that increases inclusion of students who would not typically participate in physical education courses.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include memberships to NASN, AAHPERD, TAHPERD conferences, local in-service training on concussion prevention, Take 10!, Michigan Model, stress management, increasing physical activity, how to teach nutrition to kids, and how to teach nutrition education, and many others.

School faculty and staff have received support for their own well-being through Biggest Loser campaigns sponsored by Cigna, Employee Benefits, Coordinated School Health, district-wide health fairs, health screenings for staff, staff Family Care Centers, Making the Grade with Healthy Habits health prevention campaign, and fitness classes at Central Office and schools.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – textbooks available to all schools, health education facilitators for middle school comprehensive health education, Michigan Model for wellness classes to supplement curriculum, and special seminars K-12;
- Physical Education/Physical Activity Interventions – schools in Shelby County utilize a variety of resources and interventions which include: Take 10! (K-5), teacher directed physical education, Michigan Model, health education facilitators for middle school health for all students, BlueCross BlueShield Walking Works for schools, Walk across TN, Jammin' Minute, before/after school running club programs, Health and Fitness Parent Nights.
- Nutrition Interventions – virtual cafeteria and Shelby County Schools Nutrition Services website; Nutrition Nuggets and Teen, Food and Fitness newsletters for schools to distribute or post to their websites for parents;
- Mental Health/Behavioral Health Interventions – training by our counseling department on mental health 101, suicide prevention, bullying prevention, child abuse reporting, and suspicion training.

Coordinated School Health in the Shelby County School System has made significant contributions to the well-being of our students and staff, which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Shunji Q. Brown-Woods, at 901-321-2696.



Smith County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Smith County School System.

An infrastructure for CSH has been developed for the Smith County School System that includes:

School Health Advisory Committee

Eight Healthy School Teams

School Health Policies strengthened or approved include a healthy school environment and mental health policy

Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$339,108.45.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|-------------------------------|---------------------------------|
| ➤ Smith County Help Center | ➤ Local vendors and businesses |
| ➤ Backpack Program | ➤ Community members |
| ➤ Smith County Health | ➤ Local Providers |
| ➤ Department | ➤ RRMCC |
| ➤ Smith County Health Council | ➤ Genesis House |
| ➤ Smith County Government | ➤ Local newspaper |
| ➤ PFG | ➤ Poindexter Realty and Auction |
| ➤ Cracker Barrel | ➤ Nestle Water |
| ➤ Sav-Way | ➤ Special Education Department |
| ➤ Wal-Mart | ➤ Chamber of Commerce |
| ➤ National Guard Armory | ➤ Smith County Government |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include County Wide Field Day, CPAC, CSH volunteers and the backpack program. Currently, 883 parents are collaborating with CSH.

Students have been engaged in CSH activities that include education programs and projects, County Wide Field day, Healthy School Teams, and a fresh fruit and vegetable challenge. Approximately 281 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Smith County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 5,362 students screened and 903 students referred;

Students have been seen by a school nurse and returned to class – 238 students were seen by a school nurse and 170 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Wii all accessories, playground equipment, x-box, curriculum, climbing walls, and volleyball standards;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CPR First Aid, PREPARE, emergency management, nutrition, health education, asthma, diabetes education, TAAHPERD Conference, RHAT Conference, CSS training, physical education, and wellness in-service;

School faculty and staff have received support for their own well-being through yearly employee screenings and education.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10! and Michigan Model curricula;
- Physical Education/Physical Activity Interventions – new equipment purchased and a county wide field day;

- Nutrition Interventions – fresh fruit and vegetable challenge;
- Mental Health/Behavioral Health Interventions – mental health teams, MOU's, and the mental health policy strengthened.

Additional strengths include an employee recognition program as well as increased parent participation in the CSH program.

Coordinated School Health in the Smith County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Kim Maynard, at 615-735-2083.



Stewart County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Stewart County School System.

An infrastructure for CSH has been developed for the Stewart County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Staff Coordinating Council on School Health
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,771,745.16.

Community partnerships have been formed to address school health issues. Current partners include:

Stewart County Health Council

Centerstone Mental Health Agency

United Way of the Greater Clarksville Region
that includes Stewart County

Stewart County Fire Dept.

McDonalds

Health Occupation students

Stewart County Government – Liter Grant

Austin Peay College of Nursing

Stewart County Literacy Council sponsors our
Health Council

Stewart County Substance Awareness
Prevention Coalition- newly formed

District Attorney General Dan Alsobrooks and
23rd Judicial Drug Task Force

Positive Behavior Support Groups (4)

Lions Club

Student Assistance Teams (4)

Police Dept. – Seatbelt safety

Youth Lead groups such as KATS and BEARS

Stewart Sheriff's Dept. McGruff

Farm Bureau

Dr. Lowrance Counseling Services

Legends Bank

F&M Bank

UT Extension	Dover Eye Clinic-Dr. John Maria
Eagle Eye Signs	Bobby Pulley
SUDIA	Piggly Wiggly
Food Nutrition – Team Nutrition	Alliance for a Healthier Generation
Steve Douglass Insurance Agency– Safety	Tennessee School Board Association – Chris Stites, Safety Consultant
Taylor's Chapel UMC – Back to School Bash	Center for Teaching and Learning
Miss Tennessee	Cindy's Catfish
Mary Ann's Flowers	American Cancer Society
Stewart County Community Medical Center & Dental	American Heart Association
Van Herndon- Financial Services	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including partnering with the Health Department for a community health fair and conducting the backpack program in which parents volunteer to pack and take food to the schools. In addition twenty-one parents are represented on Healthy School Teams, 4 parents are participating in other advisory teams, 1 parent assists with field trip assignments, and 9 parents assist with Farm Day. Currently, 35 parents are collaborating with CSH in these endeavors.

Students have been engaged in CSH activities that include Farm Day, character programs, reading health related books on Read to Me day to the lower grade students, field trips to learn about and participate in activity, assisting with the backpack program, website design and healthy school team members. Approximately, 177 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Stewart County School System, the following health interventions have taken place:

5,238 School Health Screenings and 568 Referrals to Health Care providers in 2010-2011;

18,205 Students have been seen by a school nurse and 15,639 returned to class in 2010-2011;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include curriculum, climbing walls, computers to gather data, fitness rooms, and Wii fitness;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD conferences, TNSHC conferences, counseling conferences, RHAT conferences as well as providing in-services as a trained trainer of Take 10! and Crisis Prevention, SMART, Boost-Up, and arranging for other speakers to come to county professional development days; and

School faculty and staff have received support for their own well-being through newsletters and posters.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – tobacco education 3rd / 6th grades – KATS, anti-drug education – 2nd grade, personal hygiene (education & bags home) – All 5th grade, hand washing –grades K-5, newsletters to parents, and Organ Annie used to address obesity effects on the body;
- Physical Education/Physical Activity Interventions – daily physical education K-8, daily recess K-5, Boost up Rooms K-5, Take 10!, and ideas on how to integrate activity into lessons sent in the newsletter;
- Nutrition Interventions – taste testing, nutrition classes from CSH educator with 4th grade, backpacks content reviewed by a Registered Dietician, Farm Day, general nutrition with various classes, and Grocery Store at one elementary store created by their HST;
- Mental Health/Behavioral Health Interventions – Federal Elementary and Secondary Counseling grant has really given a boost to the behavioral health needs of Stewart County, bullying classes, BEARS – anti-bully – 6th grade, Love in the Big World assemblies from federal grant, high school classes on consequences of choices & peer pressure, self esteem – 5th grade, anger management – 4th grade, anti bully/ character week at high school, and bully free classrooms – treat with respect – numerous classrooms.

Coordinated School Health in the Stewart County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Elaine Jackson, at 931-232-5351 x114.



Sullivan County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sullivan County School System.

An infrastructure for CSH has been developed for the Sullivan County School System that includes:

- School Health Advisory Committee
- Twenty-seven Healthy School Teams
- School Health Policies strengthened or approved include a wellness policy and a competitive foods policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$347,144.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ Kingsport City and Bristol City CSH, | ➤ Wellmont Health Systems, |
| ➤ Tri-Cities Lifestyles Center, | ➤ ETSU Physicians and |
| ➤ Great Body Company, | ➤ Osteoporosis Center, |
| ➤ Wellness Center, | ➤ Eastman Chemical's Health Fitness Corporation, |
| ➤ Anytime Fitness, and the | ➤ UT Extension Office, |
| ➤ Bristol Family YWCA, | ➤ Frontier Health (R.E.A.C.H.), |
| ➤ Kingsport YMCA, | ➤ Sullivan County Regional Health Dept. and |
| ➤ Bristol YWCA, | ➤ Main Street Academix, |
| ➤ Wellness Center - Johnson City, | ➤ GoTrybe TN, |
| ➤ Curves, | ➤ TNCEP, |
| ➤ Nicotine Free of the Mountain Empire, | ➤ King College Nursing, |
| ➤ Weight Watchers @ Work, | ➤ Performance Medicine-Dr. Tom Rogers |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Ketron 3k TCAP kick-off, Girls on The Run semester road race, Sullivan Central Cougar 3k fundraiser, S.T.E.M. Brookside, S.T.E.M. Cedar Grove, and S.T.E.M. Kingsley. Currently, 500 plus parents are collaborating with CSH.

Students have been engaged in CSH activities as Healthy School Team members at two schools. These students helped promote the Y5210 programs within the schools, wore the t-shirts prior to the program starting and encouraged other classmates. Also in preparing for our evening STEM programs for parents and community members, numerous students stayed after school to help set up displays and provided direction to vendors. Approximately, 10 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Sullivan County School System, the following health interventions have taken place:

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data in recent year have shown trends of improvement in childhood obesity by around 1.4%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, exercise equipment, cardiovascular and fitness for faculty staff and students, materials and supplies for physical activity events taking place on school campus in partnership with CSH, small healthy food purchases, sample snacks, health education tools for learning, activity materials for classrooms, paper supplies for BMI screenings, student cards, health education pencils for participation, health education materials, breakfast in the classroom supplies for pilot schools, Walk across America materials/supplies, and storage materials for supplies;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include county wide in-service that provided professional development in physical education, physical activity, technology enhancements, new programming, sports and agility training, and First Aid-CPR training, and the summer wellness institute with state support and other programming from across the state;

School faculty and staff have received support for their own well-being through newsletters, email correspondences with programming and special offers for them, opportunities for staff development and personal intervention available.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions –physical education teachers are teaching health education for an allotted amount of time each day;
- Physical Education/Physical Activity Interventions – physical education/physical activity standards are being met in all grades;
- Nutrition Interventions – new wellness policy was introduced regarding snacks for parties;
- Mental Health/Behavioral Health Interventions – Eating Disorder Awareness Week.

Coordinated School Health in the Sullivan County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Emily Harvey, at 423-765-3067.



Sumner County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sumner County School System.

An infrastructure for CSH has been developed for the Sumner County School System that includes:

- School Health Advisory Committee
- Forty active Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 23,310.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|-----------------------------------|
| ➤ Volunteer State Community college – | ➤ TNCEP/UT Extension |
| ➤ Dental assistant and EMT programs | ➤ Unity after school program |
| ➤ Hartsville Tech – LPN students | ➤ Dr. Tigges – local chiropractor |
| ➤ Shalom Zone Medical technology students | ➤ Master Gardner’s |
| ➤ Nashville college of Medical Careers students | ➤ Results Physiotherapy |
| | ➤ Sumner County Drug Coalition |
| | ➤ Sumner County Collaborative |
| | ➤ Shalom Zone |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as SHAC, school health index teams, walking track grand openings, and health fairs. Currently, 5 parents are collaborating with CSH.

Students have been engaged in CSH activities such as serving on school health index teams. Approximately, 10 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Sumner County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 9,700 screenings and over 4,000 referrals;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Healthy weight 60%, Underweight 2%, Overweight/Obese 38% - this data is preliminary until reviewed by the state evaluator;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails and portable greenhouses;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include school faculty and staff receiving support for their own well-being through Lunch and Learns with multiple providers and fitness classes offered in school buildings at the convenience of staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training and materials being used in elementary and middle schools;
- Physical Education/Physical Activity Interventions – additional staff trained in Take 10! and two schools requesting training for the next school year;
- Nutrition Interventions – Fresh Fruits and Vegetables grant at Vena Stuart Elementary School;
- Mental Health/Behavioral Health Interventions – mental health/resource guide near completion and health/resource fairs.

Coordinated School Health in the Sumner County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sarah Mitchell, at sarah.mitchell@sumnerschools.org.



Sweetwater City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sweetwater City School System.

An infrastructure for CSH has been developed for the Sweetwater City School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$92,885.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Monroe County Health Council
- Monroe County Drug and Alcohol Task Force
- Monroe County Teen Pregnancy Task Force
- East Tennessee Regional Health Council
- UT Extension
- Cherokee Health Systems
- TNCEP
- Kiwanis Club
- Registered Dietitian

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Health Advisory Council Meetings and "Tasty Tuesdays." Currently, three parents are collaborating with CSH.

Students have been engaged in CSH activities such as Health Advisory Council Meetings, Mile Runs, and "Tasty Tuesdays." Approximately, two students per year are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Sweetwater City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – for BMI and blood pressure screenings, there were 737 students screened, and of those 359 were referred;

Students have been seen by a school nurse and returned to class – according to data from the 2007-2008, 2008-2009, 2009-2010 school years, 4,947 students visited the school nurse. Of those numbers, 4,078 were able to return to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. This year, 2% of the students screened were underweight, 52% were at a normal BMI, and 46% were overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include HOPSports System, walking trail at the primary school and Michigan Model curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include attendance and membership to TAHPERD and TASN; and

School faculty and staff received support for their own well-being through “Did You Know?”, flyers distributed in staff restrooms, staff newsletters, staff fitness programs/classes, and health screenings in years past.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Nutrition Nuggets flyers, Teen Food and Fitness flyers;
- Physical Education/Physical Activity Interventions – purchased physical education equipment;
- Nutrition Interventions – partnering with a local dietitian, Tasty Tuesdays, and Working on Implementing the Go, Slow, Whoa! program;
- Mental Health/Behavioral Health Interventions – hiring a school-based therapist.

Coordinated School Health in the Sweetwater City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jennifer Underwood, at Jennifer.underwood@scstn.net.



Tipton County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Tipton County School System in 2000.

An infrastructure for CSH has been developed for the Tipton County School System that includes:

- School Health Advisory Committee
- Thirteen Healthy School Teams
- There have been no School Health Policies strengthened or approved since 2009-2010 school year.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 30,000.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|---------------------------------------|
| ➤ Juvenile Court – Foster Care Review Team | ➤ Alliance for a Healthier Generation |
| ➤ Community Health Council | ➤ Confidential Care for Women |
| ➤ Project Play | ➤ UT Extension Agency |
| ➤ Tipton County Anti-Drug Coalition | ➤ Adult Literacy |
| ➤ TNCEP/SAVE Students Against Violence in Education | ➤ Total Leadership |
| | ➤ Project Excel |

Parent and Student Involvement Developed

Currently, 16 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Brighton High School HOSA students who used obesity as their focus this year. Approximately, 40 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Tipton County Schools, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2287 / screened and 238 / referred;

Seventy-nine percent of students have been seen by a school nurse and returned to class (21,171 visits / 16,678 returned to class);

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

School Year	% of Obese Students
2005-06	25%
2007-08	22%
2009-10	19%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness room equipment, weight room equipment, middle school health books, balance balls, BES walking track, DDR equipment, climbing walls, Wii for health classes, playground equipment, health books, skeletons, heart and brain models, vision and hearing equipment, blood pressure screening equipment, Cholestech LDX and materials, and heart rate monitors;

Professional development has been provided by school health staff for counselors and physical education teachers. Examples include Adventure Works for all physical education staff, staff wellness for counselors and social workers, physical education teachers attended TAHPERD and AAPHERD;

School faculty and staff have received support for their own well-being through cholesterol screenings, flu vaccinations, health information in monthly news letter, Christmas gift basket, and walking programs.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – full time health teachers at the middle schools implementing Michigan Model, Learn To Be Healthy program by Lebonheur, and Power U program;
- Physical Education/Physical Activity Interventions – updated physical education equipment, in-service activities, and addition of fitness rooms;
- Nutrition Interventions – continued work on healthy snacks especially in high schools;

- Mental Health/Behavioral Health Interventions – counselor and social worker in-services conducted.

Coordinated School Health in the Tipton County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sherrie Yarbrow, at 901-475-5971.



Trenton Special School District

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Trenton Special School District in 2007 (2002-2007 Trenton Special School District and Gibson County Special School District were a pilot site consortium).

An infrastructure for CSH has been developed for the Trenton Special School District that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include mental health, AED policy/procedure manual has been given to TN School Board Policy Review Board, bullying policy, and the student wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health support for our LEA totals \$284,775.

Community partnerships have been formed to address school health issues. Current partners include:

Gibson County Inter Agency
Drug Free Citizens Coalition
Family Resource Center Board
Gibson County Health Council
West Tennessee Coordinators
Gibson County Health Department
UT Extension
YMCA
American Cancer Society
Gibson General Hospital
Carey Counseling Center
Trenton Police Department
Gibson Emergency Medical Agency
State Farm Insurance Agency
Jackson-Madison County General Hospital
Subway
Imagination Library
Local fire department
Mayor's office (city and county)
Northwest Commission on Children and Youth

RHAT
Mock Crash Drama Team
TAPHERD
Family Resource Center
Trenton Head Start
Trenton Rotary
Exchange Club
Carl Perkins Child Abuse Center
Emergency Medical Team
Medical Health Specialty
Teen Action Group Humboldt City School
Milan Special School District
Bradford Special School District
Gibson County Special School District
Head Start
Relay for Life
Tennessee Commission on Children and Youth
LeBonheur

Grace Broadcasting
Cover Kids
Peabody High School Student Council
American Heart Association
Adult Education
Tender Care of Tennessee
Ivy Gate

Co-op
American Cancer Society
Security Bank
ACE Hardware
Deaton's Market Place
Food Rite
Dyersburg State Community College

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Project Cares programs, school health screenings, health fairs, Tea Pot Trot, Go Girl Go, Girl Talk, Healthcare Foundation 5K, pre-school parent meetings, mock crash simulation, Pumpkin Fun Run, Gibson County Adult Education, Turkey Trot, Healthy School Teams, ACES course, and Zumba thon. Approximately, 230 parents have collaborated with CSH.

Students have been engaged in CSH activities that include Project Cares programs, ACES course participants, Tea Pot Trot, Go Girl Go, Girl Talk, Healthcare Foundation 5K, mock crash simulation, Pumpkin Fun Run, Turkey Trot, Healthy School Teams, Tennessee Teen Institute, ACES course, Zumba thon, preparing items for T-cap students and teachers, Relay for Life, Pink Ribbon-Breast Cancer awareness, Bobbie Banana and Buzz Bee mascots and a TENNderCare Poster Contest. Approximately, 221 students have partnered with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Trenton Special School District the following health interventions have taken place:

Since 2003, there have been approximately 17,793 school health screenings with 452 referrals to Health Care Providers. This includes vision, hearing, dental and blood pressure;

Students that were seen by the school nurse were returned to class at an average rate of 91.3%. 2003 data showed the least percentage returned at 78.1 with all other years' percentage averaging 92% or above;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data for the Trenton Special School District's shows healthy weight has improved from 52.1% in 2008 to 55.0% in 2010.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model curriculum for grades K-12, Take 10! curriculum, Skatetime, Fitness Gram CD/DVD, salad bar purchased for high school, YMCA memberships for staff and families, outdoor

play equipment for elementary and middle schools, and Nutrition Nuggets and Home to School Connection for students and parents in elementary and middle schools.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAPHERD, NASN, child abuse prevention, Prevent Blindness, Take 10! training, Michigan Model training, American Heart Association recertification, AED training, suicide prevention, universal precautions, mental health 101. The CSH director and assistant have attended all required/mandatory training.

School faculty and staff have received support for their own well-being through availability of consultations with a Registered Dietitian, regular information sheets of various health/wellness topics, availability of the school nurse, Dimensions Therapy as well as Weight Watchers at Work. and flu shots offered to all staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10 curricula, Michigan Model curricula, health fairs, flu/vaccine updates, dental screening/dental health education, AED policy and procedures manual, CSH's contracted Registered Dietitian consultations with our teen project cares group regarding healthy eating habits for themselves and their children;
- Physical Education/Physical Activity Interventions Pumpkin Fun Run, Turkey Trot, Healthcare Foundation 5K, Tea Pot Trot 5K, Go Girl Go, all 9th grade students participate in ACES course activities, and 90 minute physical activity requirement is met;
- Nutrition Interventions – Registered Dietitian, Nutrition Nuggets information sheets to 611 elementary students, Home to School Connection information sheets to 400 middle school students, new fruits and vegetables introduced to students, new salad bar purchased for the high school, taste testing with the high school and middle school students provided with Dominoes Smart Slice pizza;
- Mental Health/Behavioral Health Interventions – Character Counts, cyber bullying program, Safe Dates curriculum and training, good touch, bad touch program, and mental health policy.

Coordinated School Health in the Trenton Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Lisa Phillips, at 731-855-3616.



Trousdale County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Trousdale County School System.

An infrastructure for CSH has been developed for the Trousdale County School System that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies were strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$725,713.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ Trousdale County Health Council | ➤ Three Star Program |
| ➤ Trousdale County Health Department | ➤ UT Extension Service |
| ➤ Trousdale County Government | ➤ Hartsville Convalescent Center |
| ➤ Trousdale County Anti-Drug Coalition | ➤ Trousdale Assisted Living |
| ➤ Hartsville/Trousdale County Chamber of Commerce | ➤ Mid-Cumberland Community Action Agency |
| ➤ Trousdale County Youth and Community Fair | ➤ Meals-on-Wheels |
| ➤ Trousdale Medical Center (and Sumner Regional Health Systems) | ➤ Trousdale Senior Citizen Center |
| ➤ Tennessee Technology Center @ Hartsville | ➤ Legal Aid of Middle Tennessee |
| ➤ Mid-Cumberland Head Start / Early Head Start | ➤ Trousdale Bank and Trust |
| ➤ Leadership Trousdale | ➤ Citizens Bank |
| ➤ Trousdale R.E.A.D.S.(Governor's Imagination Library) | ➤ Hartsville United Methodist Church |
| | ➤ TennderCare |
| | ➤ Trousdale County Farm Services Agency |
| | ➤ Tennessee School Health Coalition |
| | ➤ Suicide Prevention Task Force |
| | ➤ Hartsville United Methodist Women |
| | ➤ Hartsville Rotary Club |
| | ➤ Hartsville/Trousdale Community Help Center |
| | ➤ Church of the Firstborn |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include School Health Advisory Council, Healthy School Teams, Olweus Bullying Prevention Program, food backpack program, Turkey Trot, Field Day, ING Music City Kids Marathon, Get Healthy Hartsville, Heart of Tennessee 5K/Fun Run, Trousdale County Fair Events (Sponsored/co-Sponsored by CSH) including Health Fair & Cancer Survivors Luncheon, Great American Smokeout, Heart Month-Wear Red Friday, Colon Cancer Awareness (Ask Me Why I'm Blue), and Kindergarten Roundup. Currently, 900 parents are collaborating with CSH.

Students have been engaged in CSH activities that include EUDL Retreat for 4th and 5th graders, Afterschool Academy student mentors, P3 program, high school health initiatives including breast cancer awareness, Bode Strong, and the Penny Race, Health Rocks training with UT Extension for 2nd-5th graders. Student participation in Health related extra-curricular activities included walking program- 600 students, Music City ING Kids Rock Marathon-74 students, Turkey Trot- walking/running program-650 students, Afterschool Academy -124 students, Healthy School Teams-11 students, Child Health Week- 600 students, and EUDL grant participants-540 students. Approximately, 497 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Trousdale County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 602 students screened and 351 referred during the 2010-2011 school year;

Students have been seen by a school nurse and returned to class – 6,561 visits to the school nurse in 2008-2009 with 93% (6,121 students) returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-2008, 49% of students surveyed were in the Overweight/Obese Categories, with 20.3% overweight and 28.7% in the obese category. In 2010-2011, 47% of students surveyed were in the Overweight/Obese Categories, with 19% overweight and 28% in the obese category;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model health curriculum for all schools, Dance, Dance Revolution sets for the elementary and middle schools, a walking tract at the elementary school, and a new state of the art fitness room at the high school;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include attendance at conferences such as TAHPERD (TN Association of Health, Physical Education, Recreation, and Dance), Tennessee School Health Coalition, and the Great Bodies, Healthy Minds Conferences.

School faculty and staff have received support for their own well-being through the CSH supervisor providing monthly newsletters for all staff on relevant health topics. Among information included this fall was “Stroke Safety”, “Smoking”, and “Holiday Stress Prevention”. Each edition also includes GetFitTN information and healthy recipes. All staff received free hepatitis B and flu shots and release time to have the shot (given by the local Health Department). Each school had awareness information provided to them and participated in health campaigns such as the Great American Smokeout, Go Red for Women, and Wear Blue Day. Staff participated in the free health screenings that were held at all three schools. Staff participated in Get Healthy Hartsville with several of the overall winners being school system employees, and received training on dealing with special health conditions such as Food Allergies and Asthma. All three schools had teams for the Heart of Tennessee 5K Run/Walk, and all three schools had a team for the annual Relay for Life.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – applying for and receiving grants such as those offered by the Tennessee Department of Health (Project Diabetes) and Tennessee Commission on Children and Youth (EUDL Grant), purchasing the Michigan Model health curriculum and other materials for health education, advocating with policy makers about the need for additional health education, and providing additional training for teachers;
- Physical Education/Physical Activity Interventions – purchasing equipment and materials to enhance physical education, providing training for teachers, advocating for additional physical education time/courses, Providing teachers with additional resources for physical activity within the classroom (Take 10!), and assisting with special projects like the Kid’s Rock Marathon and the Heart of Tennessee 5K;
- Nutrition Interventions – providing a Registered Dietician to work with nutrition staff, providing nutrition materials and supplies to teachers, promoting nutrition education with parents (newsletters, stories), promoting improvement of the cafeteria atmosphere, providing nutrition information for healthy class parties, and working with a partner to provide the Food Back Pack Program;
- Mental Health/Behavioral Health Interventions – enhancing mental health procedures, applying for grants to increase mental health services, working with mental health partners like Cumberland Mental Health and Centerstone to develop MOU’s and

programs, and bringing the Olweus Bullying Prevention Program to the Trousdale County School System.

Coordinated School Health in the Trousdale County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kathy Atwood, at 615-374-0907.



Tullahoma City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Tullahoma City School System.

An infrastructure for CSH has been developed for the Tullahoma City School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$776,308.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|------------------------------------|---------------------------------------|
| ➤ 5 Loaves 4 Kids | ➤ Keep Coffee County Beautiful |
| ➤ American City Bank | ➤ Kidsville News |
| ➤ Ascend Federal Credit Union | ➤ Kiwanis |
| ➤ ATA | ➤ Kool Kids |
| ➤ Blood Assurance | ➤ Lester, Green, and McCord Insurance |
| ➤ Centerstone | ➤ Local Dentists |
| ➤ Coca Cola | ➤ Local Physicians |
| ➤ Coffee County and Manchester | ➤ McMurr's |
| City CSH | ➤ Mortgage Connection |
| ➤ Coffee County Anti-Drug | ➤ Motlow State Community College |
| Coalition | ➤ Northgate Mall |
| ➤ Coffee County Health Council | ➤ Pepsi |
| ➤ Coffee County Leadership | ➤ Regions Bank |
| ➤ Community Service Learning | ➤ RHAT |
| Class | ➤ Rogers Group |
| ➤ Dominos Pizza | ➤ Sheppard's House |
| ➤ Dr. Brad Windley | ➤ Short Stop Market |
| ➤ Excel Eyecare | ➤ Star Students |
| ➤ Harton Hospital | ➤ Sunrise Rotary |
| ➤ Harton Realty | ➤ TAHPERD |
| ➤ Haven of Hope | ➤ Traders Bank |
| ➤ Interlocal Solid Waste Authority | ➤ Tullahoma Chamber of Commerce |

- | | |
|-----------------------------|----------------------------------|
| ➤ Tullahoma Lions Club | ➤ Tullahoma Vision Associates |
| ➤ Tullahoma News | ➤ United Way of the Highland Rim |
| ➤ Tullahoma Noon Lions Club | ➤ Vanderbilt Children's Hospital |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as field days, health screenings, PTO, field trips, recycling projects, blood drives, and healthy school teams. During the 2010-2011 school year, 210 parents partnered with CSH.

Students have been engaged in CSH activities such as health screenings, student menu committee, red ribbon week activities, service learning, snack committee, student safety patrol, crime watchers, recycling projects, earth day activities, healthy fundraisers, bottle wars, and healthy events such as the Great Pumpkin 5k, walk-a-thon, and hop-a-thon. Approximately, 1,350 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Tullahoma the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers for the 2010-11 school year – 1351 students received screenings for blood pressure, vision, hearing, and BMI resulting in 246 referrals to health care professionals;

Students seen by a school nurse and returned to class – 9,060 visits and 7,542 students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Overweight and obesity rates for the Tullahoma City School System have declined from 39% in 2007 to 33% during the 2010-2011 school year;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls for elementary schools, Take 10! curriculum, DDR/Wii dance systems, and physical education equipment for all schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include bloodborne pathogens, suicide prevention, asthma education, Handle With Care training, and TAPHERD memberships for physical education teachers; and

School faculty and staff have received support for their own well-being through discounted memberships to local workout facilities.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – added nutrition enrichment classes, teen issues classes, puberty/Always Changing education;
- Physical Education/Physical Activity Interventions – new equipment purchased;
- Nutrition Interventions – USDA guidelines followed for school meals, all elementary schools received USDA Gold Award. Five Loaves 4 Kids back pack program provides food to students needing food over the weekend;
- Mental Health/Behavioral Health Interventions – behavior consultant hired by TCS.

Coordinated School Health in the Tullahoma City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Woody Dillehay, at 931-454-2639.



Unicoi County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Unicoi County School System.

An infrastructure for CSH has been developed for the Unicoi County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include wellness, nutrition, physical education/physical activity, health services, staff wellness, healthy school environment, and mental health policies.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$78,616.57.

Community partnerships have been formed to address school health issues. Current partners include:

Mountain States Foundation	Town of Erwin
Rotary Club	United Way
Feed the Children	Ayers Foundation
Unicoi County Long Term Care	PTO's/PTA
Children's Advocacy Center	Girls on the Run
ETSU's Department of Allied Health Sciences	Unicoi Elementary PT
Eating Disorders Coalition of Tennessee (EDCT)	UT Extension
Erwin Dental Associates	RAM (Remote Area Medical) Health Expedition
Second Harvest Food Bank	Unicoi County Health Department
Associated Therapy Services	Prevent Blindness Tennessee and Gift of Sight Programs

HOSA classes	31 private citizens
Foster and Adoptive Connection and Barnyard	7 local businesses
Blessing Ministries	Limestone United Methodist Church
ETSU's Rural Health students	YMCA
Beyond The Bell	Unicoi County Memorial Hospital
Frontier Health	4 Northeast State Dental assistant students
Wal-Mart	Unicoi County Sherriff's Department
The Relative Caregiver Program	Erwin Police Department Shelter
Unicoi County United Way	
20 local churches	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include school health screenings, Families Friendly Advisory Team, community wide "U-Count in Unicoi County" campaign, Community Day of Action, Healthy School Teams, and the School Health Advisory Council. Currently, 83 parents are collaborating with CSH.

Students have been engaged in CSH activities such as United Way "Living United" campaign, Child Health Week, health fairs, Prom Promise production, nursing education classes, and completion of a "student friendly" website formed specifically for Unicoi County students. Approximately, 145 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Unicoi County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,065 students were screened throughout the 2010-11 school year and 14 referrals were made as a result of those screenings;

Students have been seen by a school nurse and returned to class – 10,992 student visits to school nurses and students were allowed to return to class 8,209 times;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Unicoi County students BMI data shows that 1.7% of our students are underweight, 57.7% have a

healthy weight, 16.9% are overweight and 23.7% are considered obese. However, we have seen a .3% decrease in underweight students, a 7.5% increase in students with a healthier weight, a 4% decrease in students overweight and a 3.3% decrease in students considered obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, comprehensive health education curriculums, climbing walls, playground equipment, physical education equipment and supplies;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Play Therapy and Beyond: Treatment and Techniques and Strategies seminar, What Color is Dead conference, TAHPERD and AAHPERD memberships, TAHPERD annual conventions, Sharing the Wealth conference, Greene County schools physical education workshop, bullying – How do we address the problem conference, reality therapy training, and Asperger’s Syndrome conference;

School faculty and staff have received support for their own well-being through partnerships with the local YMCA membership discounts, Unicoi County Memorial Hospital screening discounts, providing health screenings, tools for tobacco cessation program weight loss programs and health care need programs in general.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – monthly health education materials distributed to students and parents, promotion of educational workshops, activities all geared toward student health, multiple partnerships focused on health education, incorporating health education into academic learning;
- Physical Education/Physical Activity Interventions – Blue Cross/Blue Shield Walking Works for Schools, physical education curriculums, Jump Rope for Heart program, ETSU Fit Kids program, promotion of National Let’s Move week;
- Nutrition Interventions – Second Harvest Food Bank partnership, community partnership for a summer food backpack program, Dining with Diabetes, a universal free breakfast program is in place system-wide, no deep fryers used within the system;
- Mental Health/Behavioral Health Interventions – partnerships with Frontier Health which provides mental health counselors to 2 of our schools. Additional partnerships with Youth Villages, Feed the Children, Eating Disorders Coalition of TN and the Children’s Advocacy Center.

Coordinated School Health in the Unicoi County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Sherry Whitson, at 423-743-7820.



Union City Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Union City School System in 2007.

An infrastructure for CSH has been developed for the Union City School System that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies were strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$143,939.22 since 2007.

Community partnerships have been formed to address school health issues. Current partners include:

Obion County Schools

Union City Wal-Mart

Obion County Health Department

Union City Chiropractic Care

West Tennessee Health Council

Dr. Dylan Bondurant, optometrist

Union City WalMart

Snappy Tomato

Obion County Interagency Council

Dr. Gabe Sullivan, dentist

Baptist Memorial Hospital,

Dr. John Bates, pediatrician

Right Choices

Lori Littleton, Registered Dietician

Domino's	Pizza Hut
CoverKids	Boys and Girls Club
TennCare	First State Bank
Decisions, Choices, and Options	First Citizens Bank
Child Advocacy group of WTN	Reelfoot Bank
Obion County Prevention Coalition	Junior Auxiliary
Promethian Project	Locker Room
Boys and Girls Club	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Healthy School Teams, SHAC, Family Health Fairs, Walk to School Day, Family Fitness Nights, PTO events, and Block Party. Sixty parents are collaborating with CSH.

Students have been engaged in Walk to School Day, House event, drug and alcohol conference, family fitness nights, and family health fairs. Three hundred four students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Union City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – since 2007, 1,876 students were screened and 607 were referred for vision, scoliosis and hearing and 551 were referred for BMI;

Students have been seen by a school nurse and returned to class – 12,700 were seen and 66% sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The percent of obese students has dropped from 22.8% in 07/08 to 21.7% in 08/09 to 20% in 09/10;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, Michigan Model curricula, DDRs, Wiis, spin bikes, salad bar, and stability balls;

Professional development has been provided to school health staff. Activities include physical education teachers - TN TAPHERD conference, SROs – safe schools conference, staff and teachers – SPARK training; and

School faculty and staff have received support for their own well-being through cholesterol and diabetes screens, weight loss initiatives, exercise initiatives, discounted memberships to gym, stress reduction techniques, and spa day.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum purchased and in used in each school;
- Physical Education/Physical Activity Interventions – Safe Routes to School grant, Walk to School event, Family Fitness nights, Family Health Fair, and Play60 after-school programs;
- Nutrition Interventions – Nutrition Nuggets newsletter, Registered Dietician contracted, healthy snacks emphasized, and salad bar purchased;
- Mental Health/Behavioral Health Interventions – counselor hired for 11-12 year, mental health team in place.

Coordinated School Health in the Union City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kristen Miles, at 731-885-1632 x511.



Union County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Union County School System.

An infrastructure for CSH has been developed for the Union County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School Health Policies strengthened or approved include the adoption of the state nutritional guidelines for K-8
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,258,049.00. Most of this comes from the school-based clinics and the EUDL Coalition Grant that address underage binge drinking.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|---|
| ➤ Union Co. Health Department | ➤ Stay on Track Program |
| ➤ Union Family Medicine | ➤ Just Wait, pregnancy prevention |
| ➤ Legend Fitness | ➤ YMCA of Knoxville |
| ➤ Douglas- Cherokee | ➤ Think First, accident prevention |
| ➤ Helms Paving of Union Co. | ➤ (Covenant Hospital, Knoxville, TN) |
| ➤ Dr. Mary Headrick, | ➤ Hulse Mobile Dentistry |
| ➤ Greg Gibson of No Teacher Left Behind | ➤ Remote Area Medical |
| ➤ LMU College of Osteopathic Medicine | ➤ RAMUSA.org |
| ➤ Doc's Gym (workout for teachers) | ➤ RHAT |
| ➤ Suntyme Gym (workout for teachers) | ➤ SAFE KIDS, East TN's Children's Hospital of Knoxville |
| ➤ St. Mary's F- Union County Health Council | ➤ Community Walk-In Medical Clinic |
| ➤ Cherokee Health Systems | ➤ Lions Club of Maynardville |
| ➤ Volunteer State Health Plan fitness Center | ➤ I Care TN and Susan Dillingham |
| ➤ United States National Guard | ➤ Food City |
| | ➤ Union County Government |
| | ➤ United Way of Maynardville |
| | ➤ Clinch-Powell Cooperative |
| | ➤ Tennessee Road Builders Association |

- Ollie the Otter (seatbelt safety program)
- UT Extension, Maynardville Office
- UT Office of Food Science
- Union County Health Department
- Mercy Health Partners

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Healthy School Teams, mini-health fairs, health council, EUDL Coalition, and health screenings. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities that include health screenings, EUDL Coalition, health screenings at UCHS athletic events. Approximately 80 HOSA students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Union County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 933 screened and 369 referred;

Students have been seen by a school nurse and returned to class – 3,984 seen by nurse and 425 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a walking trail at BRES, fitness equipment for both students and faculty/staff, and curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10! curriculum, TAPHERD, Athletic Training Conference, seizure training, Epi-Pen training, bloodborne pathogen training, Glucagon training, pediatric emergency training, BACLOSEN training, AED training at HMMS and First Aid and CPR training;

School faculty and staff have received support for their own well-being through No Teacher Left Behind and planning a staff vaccination next year for hepatitis A and B, pertussis and the flu with GlaxoSmithKline.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Y Winners at HMMS and Michigan Model;
- Physical Education/Physical Activity Interventions – Y Winners
- Nutrition Interventions – Serve fresh salads as an option at every school every day, changed from a slushy type drink to 100% fruit juice frozen drinks, more fresh fruit and vegetable offerings, removed fried foods from the menus, changed all grains/breads to whole wheat, went to fat free pizza and fat free whole wheat pizza, offer skim milk and low fat flavored milk only, went to low fat ice cream, and cut starch servings to twice a week and doubled dark green veggie offerings.
- Mental Health/Behavioral Health Interventions – anti bullying, No-Run-Tell personal safety program.

Coordinated School Health in the Union County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Eddie Graham, at 865-992-5466 x113.



Van Buren County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Van Buren County School System.

An infrastructure for CSH has been developed for the Van County School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials since the induction of CSH secured for our LEA totals \$109,657.17.

Community partnerships have been formed to address school health issues. Current partners include:

Tennessee Department of Safety	CoverKids
Tennessee Health Department	Generations of Spencer
Get Fit Program	Spencer Food Bank
Governors Juvenile Diabetes Program	Van Buren County EMS
Tennessee National Guard	Spencer Police Department
UT Extension Agency	Ed Excellence
TNCEP	Americorp
Tennessee Technology University	Three Star Program
Tennessee Road Builders Association	Piney Volunteer Fire Department
Upper Cumberland Community Service Agency	District Attorney's office
TENNderCare	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as the Healthier You Program, We Can Get Fit program, Healthy Youth Healthy Future, and Student Health Council. Currently, five parents are collaborating with CSH.

Students have been engaged in CSH activities such as CPR training, Student Health Council, cafeteria surveys, and development of healthy recipes. Approximately, 10 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Van Buren County School System, the following health interventions have taken place:

School Health Screenings – 315 Students have been screened and 27 students referred during the 2010-2011 school year;

Students have been seen by a school nurse – 4,396 students visited a school nurse and 95 % returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2007-2008 school year, the Van Buren County School System had an obesity rate of 28%. For the 2010-2011 school year, the obesity rate declined by 3% to 25% obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing wall, new playground, playground equipment, physical education equipment, community tennis courts, mobile cooking cart, curriculum, and food for mobile cooking cart lessons;

Professional development has been provided to school health staff physical education teachers. Examples include a summer physical education workshop;

School faculty and staff have received support for their own well-being through an after school exercise program.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – bullying, puberty, tobacco, alcohol/drug, and sex education;
- Physical Education/Physical Activity Interventions – 90 minute physical activity law, Morning Movers program, and physical activity education;

- Nutrition Interventions – use of the mobile cooking cart, implementation of Student Health Council, and nutrition classes;
- Mental Health/Behavioral Health Interventions – mental health team developed, community MOU's signed, school utilizes Michigan Model and Take 10! curriculums.

The Van Buren County School System is very proud of our partnerships with our community such as UT Extension, the County Health Department, and TNCEP. We are also very pleased with our School Dental Transport Program, which was a pilot site for the Health Department. After the successful inception of the dental program, it was expanded to include transport for EPSDT's to students of the Van Buren County School System.

Coordinated School Health in the Van Buren County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Kelly Lewis, at klewis@k12tn.net.



Warren County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in Warren County School System.

An infrastructure for CSH has been developed for the Warren County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy approved in 2002, physical activity policy approved in 2007, and a school health wellness policy strengthened in 2009
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA includes 2009/2010 USDA Fresh Fruits and Vegetables Grant at \$28,307, 2009/2010 Lowes Grant, \$5,000 for playground equipment, 2008/2009 USDA Fresh Fruit and Vegetable grant at \$33,000, 2008/2009 Lowes grant Tool Box for Education at \$7,500, 2006/2007 \$120,000 CPI Grant, 2008 Tobacco Grant at \$15,000, 2005 CDC Grant \$10,000. a total \$218,807 has been secured for CSH.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|--|--|
| ➤ UT Extension | ➤ Warren County/McMinnville Civic Center |
| ➤ TNCEP | ➤ Warren County Sheriff |
| ➤ Riverpark Hospital | ➤ Families in Crisis |
| ➤ McMinnville Parks and Recreation. | ➤ District Attorney |
| ➤ McMinnville VoTech. | ➤ Dr Pepper |
| ➤ Warren County Health Department | ➤ The Senior Center |
| ➤ Warren County Health Department dental program | ➤ Juvenile Justice |
| ➤ Upper Cumberland Regional Health Office | ➤ Dr Castello |
| ➤ Tennessee Tech University | ➤ Mindy Harper, FNP |
| ➤ Bridgestone | ➤ Homeland Community Bank |
| ➤ Warren County Health Council | ➤ Wal-Mart |
| | ➤ Foster and Foster |
| | ➤ United Steelworkers |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including as members of Healthy School Teams- 15, members on School Health Advisory Committee- 45, and assistants at school health fairs- 20. Currently, 80 parents are collaborating with CSH in various capacities to address school health issues.

Approximately, 75 students are partnering with CSH to address school health issues. These students are members of our Teen Health Councils. They promote the Great American Smokeout and perform skits and PSA's on health topics.

School Health Interventions

Since CSH has been active in the Warren County School System, the following health interventions have taken place:

Screenings conducted include BMI, vision, hearing, dental, and scoliosis. The combined total of screenings for school year beginning 2005 to school year ending 2010 is 54,932 screenings. Referrals were conducted on 1,271 of these screenings;

As of April 30, 2011, 42,345 student visits to school nurses were recorded. Of these visits, over 91.5% of the students returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. From 2005-2010 the percentage of students categorized as healthy weight increased from 47% in 2005 to 54% in 2010. The 7% increase means that 188 students moved from overweight or obese to healthy weight! The overweight/obese category decreased from 51% to 44%.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, treadmills for teacher fitness rooms, fruits and vegetables for students and staff, general office supplies, lunches for volunteers who help with screenings and teen health council, T-shirts for teen health councils, two new computers, door prizes for health fairs, and videos for health education classes;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education teachers attend Tennessee Association of Physical Health Education, Recreation, and Dance Conference, physical education teachers attend CSH/Tennessee Technological University co-sponsored physical education/Lifetime Wellness Workshop, CSH coordinator and school health specialist attend Rural Health Association Conference, school health specialist attends Tennessee Public Health Association Annual Conference and Grand Division meeting, created and conducted system-wide health topics in-service providing classroom teachers with a variety of sessions related to children's health and health promotion for staff, and coordinated health services staff in-service including diabetes session by a Registered Dietitian;

School faculty and staff received support for their own well-being through system-wide health topics in-service providing classroom teachers with a variety of sessions related to children's health and health promotion for staff, staff fitness rooms, CPR and First Aid classes, Step Up to Wellness Program- a partnership between the McMinnville Parks and Recreation Department and the Warren County School System. The program was created to give ALL employees of the Warren County School System a possibility to participate in a wellness program designed to provide a wide variety of wellness resources and opportunities, including access to Civic Center facilities, at a reduced monthly price, eWellness Program – an 8 week session completed with 45 staff members completing weekly logs including fruit and vegetable intake, physical activity minutes, and servings of water, partnership with UT Extension and the Warren County Health Department. Participating schools received awards luncheon and certificates of participation, and staff members who logged the highest fruit/vegetable intake and staff member who logged the most physical activity minutes received a day off. Pre/post data collected to assess program including weight and blood pressure, health services partnered with Riverpark Hospital to provide flu shots for staff at cost (\$11), hepatitis B vaccine provided to staff at no charge, monthly article on health promotion or disease prevention topic in Teacher Links sent to every teacher, and health services partnered with Riverpark Hospital to provide health screenings and blood work for all staff during system wide in-service day.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – coordinated school health staff and school nurses partner to provide abstinence, HIV prevention, and teen pregnancy prevention classes for every 7th, 8th, and 9th grade student, puberty classes for every 5th and 6th grade student, hand washing, influenza, and disease prevention classes, dental hygiene classes, Michigan Model for health curriculum provided to SRO and every school counselor, nutrition education program implemented for every 6th grade classroom at Warren County Middle School, and Food for Thought program implemented providing lessons to 165 classrooms K-5;
- Physical Education/Physical Activity Interventions – Take 10! curriculum, CSH mini-grant program funded Bobby Ray Memorial Elementary School after school physical education programs (2);
- Nutrition Interventions – USDA Fresh Fruit and Vegetable Grant including nutrition education for every student at grant winning school(s), CSH Fresh Fruit and Vegetable mini-grant at Morrison Elementary, partnership with school nutrition program for education component of Healthier US School Challenge- 2 Silver Award schools;
- Mental Health/Behavioral Health Interventions – Lori Snow and Amanda Jones, Certified Parent Project Trainers and Loving Solutions Parenting Class.

CSH in the Warren County School System has made significant contributions to the well-being of our students and staff, which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the Coordinator, Cheryl Kelley, at 931-668-5111.



Washington County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Washington County School System.

An infrastructure for CSH has been developed for the Washington County School System that includes:

- School Health Advisory Committee
- Fifteen Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, and the medication policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$216,710.00.

Community partnerships have been formed to address school health issues. Current partners include:

Mountain States Health Alliance	JCPenney
Curves of Jonesborough	Shoe Carnival
Herald and Tribune	Food City
WJHL	Second Harvest Food Bank
Washington County Health Department	University School
Northeast Regional Health Office	WCQR Radio
Washington County Health Council	The Mall at Johnson City
Rural Health Association of Tennessee	Johnson City United Way
Tennessee School Health Coalition	Walmart
East Tennessee State University	Pepsi
Tar Wars	Electric 94.9 Radio
Prevent Blindness of Tennessee	The Elks Club of Jonesborough

WCDE HOSA students	Extension Office
WellChild	Earthfare
American Red Cross	Fit Kids
American Heart Association	National Dairy Council
Washington County UT	United Healthcare

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as student health screenings and healthy school teams. Since 2007, approximately 200 parents have collaborated with CSH.

Students have been engaged in CSH activities such as serving on healthy school teams, school health advisory councils, health fairs and other peer health activities. Approximately, 300 students have partnered with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Washington County School System, several school health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2,770 students screened with 1, 437 referrals made in the 2010-2011 school year (NOTE: each student may have had more than one referral, such as a BMI referral and a vision referral.) Since 2007, 11,582 students have received a health screening from CSH. Of those, 5,848 health referrals have been made;

Students have been seen by a school nurse and returned to class – 30,108 students have visited a school clinic for the 2010-2011 school year and returned 26,259 students back to class. This gives our school system an 87% return to class rate. In 2004, only 18,293 students were seen by a school nurse. And since 2004, Washington County Schools has increased its return to class rates from 82% to 87%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Currently, 42% of Washington County students are either at-risk for being overweight or are already overweight. However, since the 2007-2008 school year, 5 schools have decreased their at-risk/overweight percentages;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education/fitness items, educational materials, and playground equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10! trainings, Growing Healthy training, and Fitnessgram training;

School faculty and staff have received support for their own well-being through providing nurses at each school for health counseling, nurse practitioners at 3 school locations, blood pressure and BMI screenings, weight loss programs, and discounts to local fitness centers.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10!, Growing Healthy, American Red Cross Scrubby Bear, Let's Learn About Germs, American Heart Association CPR/AED training for staff and students, Child Health Week participation and activities;
- Physical Education/Physical Activity Interventions – 90 minutes of physical activity in every school, school field days and health fairs
- Nutrition Interventions – partnered with UT Extension Office to offer nutrition programs within the schools and healthy newsletters for parents
- Mental Health/Behavioral Health Interventions – Frontier Health counselors working in middle and high schools, guidance counselors available in all schools, and school nurses in all K-8 schools to address daily concerns of students

Coordinated School Health in the Washington County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Shannon Bishop, at 423-434-4920.



Wayne County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Wayne County School System.

An infrastructure for CSH has been developed for the Wayne County School System that includes:

School Health Advisory Committee

Seven Healthy School Teams

Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$422,038.00 for years 2007-2011.

Community partnerships have been formed to address school health issues. Current partners include:

Wayne County Health Council

Collinwood's Police Department

Tennessee Technology Center of Hohenwald

Collinwood's Sherriff's Department

Wayne County School Government

Frank Hughes Police Department

Hassell and Hughes Lumber Company

Frank Hughes Sherriff's Department

UT Extension Agency

Promoting Sober Students Everyday

Well Child Agency

Programs Coordinator

TENNderCare Agency

Gear-Up Coordinator

TN State Troopers Department

Wayne County Rotary Club

Wayne County Police Department

Leadership Council

Wayne County Sherriff's Department

Wayne County School Board of Education

Shackelford Funeral Home of Wayne County	Wayne Medical Center
Youth 2 Youth Advocacy Group	Wayne County Health Department
of Wayne County	Wayne County Technology Center
God's Storehouse of Wayne County	Duren's Drug Store
Roxy Pease, Director of Community Outreach	People's Bank
Community Fall Festival	Volunteer Hospice
Afterschool Community Program	Columbia State Community College
Interquest Canine Unit of Alabama	Wayne County Helping Hands
Wayne County Interact Club	TN Department of Human Services
Wayne County Church of Christ	Mendy's
Fast Pace Medical Clinic	Sherry Rich, local store owner
Butterfly Foundation	Little Star Convenience Store
Ladies in Pink Society	

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include the Healthy School Teams at Waynesboro, Collinwood and Frank Hughes School Systems, the Fronzie Tobacco Free Show, the Christmas Parades, the Mother/Daughter Banquet, the Drama Play Event, 1st Annual Pink-Out Basketball Game, and the Annual Fall Festival. Currently, 85 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Red Ribbon Week, Tobacco Free Football Game, Christmas Parades, Mother/Daughter Banquet, Drama Play Event, Fronzie the Fit Fox's Book and Reading Show, Fronzie's Tobacco and Alcohol Free Christmas Show, Fronzie the Fit Fox's Healthy New Year's Show, 1st Annual Pink-Out Basketball Game and health screenings. Approximately, 681 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Wayne County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2,565 screened and 544 referred;

Students have been seen by a school nurse and returned to class – 12,563 seen by a school nurse and 10,711 were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2009/2010 BMI referrals for students were 457 out of 929 screened and in 2010/2011 there were 451 out of 1100 screened. There has been a drop in referrals due to more physical activity, exercise, and health education provided by CSH;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include playground equipment for all schools, traverse climbing walls for all schools, exercise equipment, four televisions for exercise games, exercise bikes, Dance Revolution Pads, Xbox 360 Kinects Games, Wii Games, Wii Fit Plus, Playstations 2 and games for all;

Professional development has been provided to school health staff. Examples include CSH paying for two physical education teachers to attend the TAPERD Annual HATS Conference in Murfreesboro, TN to learn new techniques for teaching physical education. CSH also paid for four school counselors and one principal to attend the professional development session at Giles County, TN in which valuable information was gained on “bullying” in the school systems;

School faculty and staff have received support for their own well-being through two Take 10! training sessions, Michigan Model curriculum meetings, child abuse reporting, and bullying meetings. Exercise equipment, Wii Fit Plus and exercise video’s were made available to staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Mother/Daughter Seminar Banquet, 1st Annual Pink-Out Basketball Event, Annual Fall Festival, Fronzie’s Tobacco Free Show, Tobacco Free Football Game, Fronzie the Fit Fox’s Book and Reading Show, Fronzie the Fit Fox’s Healthy New Year Show, Fronzie’s on Facebook, Butterfly Foundation, Jump Rope for Heart Kickoff Event, conducted surveys, provided Fronzie the Fit Fox Book, Back to School Night Event, health screenings, Timed Run Events, Fronzie’s Foxtrot, Wayne County Special Olympics, Health Fair, several power-point presentations on healthy nutritional information were presented to Waynesboro, Collinwood, and Frank Hughes Schools;
- Physical Education/Physical Activity Interventions – new playground equipment and traverse climbing walls were purchased for Waynesboro, Collinwood and Frank Hughes Schools. Dance Revolution Games, Wii, Guitar Revolution, Just Dance, 4 Televisions, Exercise Game Bikes, DDR’s, Pickle Ball, Field Day Kits, Fox Holes (corn holes), Xbox 360 Kinects Games, and Guitar Hero were made available to students and community events;

- Nutrition Interventions – Backpack for Kids Program, nutritional posters, foldable displays, brochures, power-point presentations at all schools, nutritional video's and Fronzie Shows;
- Mental Health/Behavioral Health Interventions – Drama Play Event, Red Ribbon Event, Fronzie's Tobacco and Alcohol Free Christmas Show, Interquest Canine Unit of Alabama, speakers (Lt. Christina Faulkner, Aaron Cooksey, Stephen Bargatze) on bullying, sexting, and driving while intoxicated for students.

Coordinated School Health in the Wayne County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Jeff Skelton, at 931-332-1326.



Weakley County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Weakley County School System in the 2007-2008 school year. Data collection for the entire county began in the 2008-2009.

An infrastructure for CSH has been developed for the Weakley County School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved include the county wellness policy and school nursing policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$64,996.38

Community partnerships have been formed to address school health issues. Current partners include:

Weakley County Health Council-Public Health Educator
Weakley County Health Council
University of Tennessee at Martin Nursing Department
Weakley County Prevention Coalition
Weakley County Diabetes Coalition
Weakley County TN-CEP Coalition
Delta Rural Health Initiative (RHI)
TN Technology Center Nursing Department
UT Ag Extension
Regional Health Office-Union City

TENNderCare-County Outreach
Weakley County Backpack Program
University of Tennessee Health and Human Performance Department
Martin Housing Authority
J.C. Carey P.A.
A.B. Marlar, P.A.
Dr. Danny Donaldson, Optometrist
Dr. Frances Bynum, Optometrist
Sideline Fitness Center
Lions Club

Parent and Student Involvement

Fourteen parents have been involved in numerous CSH activities that include school screenings, School Health Advisory Council, and Healthy School Teams.

Seventeen students have been engaged in CSH activities that include Food Fiesta, school screenings, and recording public service announcements on the radio.

School Health Interventions

Since CSH has been active in the Weakley County School System, the following health interventions have taken place:

BMI Rate – In 2010-2011, 1,966 students were screened for BMI rate. Of those screened 39% were overweight/obese and 4% were underweight.

School nurse visits and returned to class rates are as follows:

Year	Number of visits to school nurse	Number returned to class
2008-09	20,029	93%
2009-10	25,536	92%
2010-11	33,719	93%

Items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include school screening equipment, physical education equipment, and health education curriculum;

Professional development has been provided to school health staff. Examples include in-services for health, physical education, and wellness teachers, in-services for all school staff at the beginning of each school year, physical activity in the classroom in-services for all elementary school teachers, in-service for cafeteria staff, In-service for after school day care staff, and Michigan Model training for elementary school counselors;

School faculty and staff have received support for their own well-being through after- school exercise classes, corporate rates at fitness centers, courses on weight management, staff wellness newsletters, consults with registered dietitian, and Email the R.D. service for staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – health education in grades K-5 is incorporated into guidance curriculum, health education is taught as a subject in grades 6-8, and Lifetime Wellness is offered in high school to 9th graders as a full credit.

- Physical Education/Physical Activity Interventions – physical education is offered to students grades in grades K-8. 9th graders receive physical activity as part of their wellness class requirements. 10th graders receive a half credit of physical education, TN Physical Activity Handbook and Take 10! manuals have been distributed to elementary school teachers to increase physical activity in the classroom, physical education equipment, to increase physical activity, has been purchased, and Walk across Tennessee is offered through Delta Rural Health Initiative for fourth graders participating in the Power U program;

- Nutrition Interventions – 4th graders receive a 10-week *Power U* nutrition curriculum, written by the UT Ag Extension, registered dietician has provided menu analysis for school lunch program, Nutrition Nuggets a monthly newsletter for parents on proper nutrition for their children is given in grades K-5, Food Fiesta which promotes nutrition and physical activity is presented by the UT Ag Extension Service, and a Registered Dietician provides 10 articles for the newspaper for parents and caregivers on proper nutrition.

- Mental Health/Behavioral Health Interventions – serves as a resource for school counselors and social workers as they work with students and their families.

Coordinated School Health in the Weakley County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Amy Tuck, at 731-364-9945.



White County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the White County School System.

An infrastructure for CSH has been developed for the White County School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and a Coordinated School Health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$178,358.00.

Community partnerships have been formed to address school health issues. Current partner include:

- | | |
|---|--|
| ➤ TTU School of Nursing | ➤ Sparta Police Department |
| ➤ Project Truth | ➤ White County Lions Club |
| ➤ Dr. Ty Webb, Cumberland Family Care | ➤ White County Department of Human-Children's Services |
| ➤ Dr. Chad Griffin, Cornerstone Family Medicine | ➤ Aaron Shafer Memorial Foundation |
| ➤ Dr. Donald Pate | ➤ White County Health |
| ➤ TenderCare | ➤ Kroger and Roger's Group. |
| ➤ Sparta YMCA | ➤ LTD and White County Community Hospital |
| ➤ Family Resource Center | ➤ Caney Fork and Walmart |
| ➤ Scottish Rites Shoe program | ➤ Kroger and Savage Building |
| ➤ First United Methodist Church | ➤ Sonic and Bank of White County |
| ➤ Lion's Club | ➤ Wilson Sporting Goods |
| ➤ 21 st Century Learning Center | ➤ First National Bank and Payless Pharmacy |
| ➤ UT Extension Office | ➤ White County Community Hospital and the Lion's Club |
| ➤ White County Health Department | ➤ First National Bank |
| ➤ White County Sheriff's Department | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including healthy school teams, school health screenings, backpack programs, healthy concession stands, advisory council, assisting in community bike rides and 5k runs. Currently, 80 parents are collaborating with CSH.

Students have been engaged in CSH activities including assisting with health screenings, back-to-school celebration, healthy school teams, assisting in community bike rides and 5k runs, nonperishable food items for needy, teaching anti-tobacco education to third grade students. Approximately, 135 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the White County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,559 students screened, 1,235 referrals made in 2010-11 screenings;

Students have been seen by a school nurse and returned to class – 1,998 students seen with 96% sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. White County schools has a student overweight/obese rate of 46.2%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness room at White County High School with eight spin bikes, two elliptical machines, two treadmills and a step machine, and combi ovens for White County Middle and High School;

Professional development has been provided to school health staff including physical education teachers, SPED teachers and Pre-K teachers to TN Technological University for physical education and activity in-service, and elementary teachers, librarians, and physical education teachers have been provided Take 10! and Michigan Model in-service; and

School faculty and staff have received support for their own well-being through weight watchers and walking clubs and spin class at fitness center at WCHS.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model to all schools;
- Physical Education/Physical Activity Interventions – Take 10! to all elementary schools;

- Nutrition Interventions – combi ovens purchased for middle and high school to avoid frying;
- Mental Health/Behavioral Health Interventions – mental health 101 training for all teachers.

Partnership with the Family Resource Center has provided families with physical needs of clothing and shoes, our Backpack program and free and reduced breakfast at Middle school has reduced hunger, and our Partnership with TN Technological University has improved flow of our health screenings and health education needs in our classrooms.

Coordinated School Health in the White County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Ashley Lewis, at ashley.lewis@whitecoschools.net.



Williamson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Williamson County School System.

An infrastructure for CSH has been developed for the Williamson County School System that includes:

- School Health Advisory Committee
- Forty Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and administrative guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$307,095.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Dairy Council
- Family Resource Center
- Williamson County Health Council
- Williamson County Health Department
- Williamson Medical Center

Parent and Student Involvement Developed

Parents and students are involved in numerous CSH activities that include joining school teams participating in a 9 week physical activity contest called Walk Across Williamson. Minutes of activity were charted on activity logs and submitted to the Coordinated School Health office. Teams earned CSH health mini-grants to support the health initiative at their schools. Parents and students are also involved in councils and school health teams that meet to discuss and supply input for both school system and school health topics. Through our councils and school health teams we had 47 parents and 23 students listed. There were a total of 2,303 students and 1,618 parents who collaborated with school health.

School Health Interventions

Since CSH has been active in the Williamson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 50,424 health screenings, 19,841 referrals;

Students have been seen by a school nurse and returned to class – 129,287 seen, 107,157 returned to class – 2010-11 school year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-08, 28.70% of our students measured overweight/obese. By the 2010-11 school year, 25.3% measured as overweight/obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include two Dance, Dance Revolution Systems, Railyard Fitness System, Take 10! classroom energizer notebooks, Fitnessgram fitness testing, walking track for Fairview middle school, school health screening equipment – stadiometers, scales, blood pressure cuffs, Wii systems, salad bar, CSH school health banners, health education materials, nutrition newsletters and signage, pedometers, and nearly \$42,000 dollars in health mini-grants for individual schools to spend towards the CSH initiative;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include action based learning, Take 10! classroom energizers, Fitnessgram, bicycle safety, and PE4Life; and

School faculty and staff have received support for their own well-being through a ninety day staff wellness challenge and donated exercise equipment to schools.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – URHLTH health awareness campaign;
- Physical Education/Physical Activity Interventions – annual WCS two month activity contest, Fuel Up to Play 60 at select middle schools – Woodland Middle School and Fairview Middle School;
- Nutrition Interventions – Salad Bar project at Fairview Elementary, fryers removed from cafeterias, salt removed from tables, Farm to School programs at Page Middle School and Page High School, and all you can eat fruit at school lunches;

- Mental Health/Behavioral Health Interventions – piloting Girls on the Run program in Williamson County Schools – combining physical activity with a self-esteem program.

Coordinated School Health in the Williamson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Cynthia Boykin, at Cynthia.boykin@wcs.edu.



Wilson County Schools

Coordinated School Health Overview

2007-2008 thru 2010-2011

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Wilson County School System.

An infrastructure for CSH has been developed for the Wilson County School System that includes:

- School Health Advisory Committee
- Nineteen Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and heat index precautions.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$900,000.

Community partnerships have been formed to address school health issues. Current partners include:

- TNCEP Coalition
- Wilson County Health Council
- Cumberland University
- Tennessee State University
- UT Extension
- Cumberland Mental Health
- STARS Nashville and Youth Villages

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Family Fitness Nights. Currently, 10 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Wilson County's Fall 3rd-5th Grade Olympics and our elementary/middle school health screenings. Approximately, 59 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Wilson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 24,655 student health screenings which resulted in the following referrals to health care providers: 1,278 BMI referrals, 821 blood pressure referrals, 632 vision referrals, 88 hearing referrals, and 75 scoliosis referrals;

Students have been seen by a school nurse and returned to class – 93,936 student visits and 85,346 were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Of the 6,360 Wilson County students weighed and measured during the 2010-11 school year, 1,278 or 20% were found to be obese and 1,217 or 19% were found to be overweight.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, fitness equipment, health education curricula, and physical education curricula;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TN Association of Health, Physical Education, Recreation, and Dance Conference, district-level physical education in-services, school counselor/nurse crisis response training, and bullying prevention training; and

School faculty and staff have received support for their own well-being through our CareHere clinicians and support services.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum and training, CATCH curriculum and training, as well as a variety of health education teaching aids;
- Physical Education/Physical Activity Interventions – CATCH physical education and CATCH Kid's Club curriculum and equipment packs, CATCH training, walking trail construction at 11 schools, after-school fitness centers, heart rate monitors and training, Fitnessgram fitness testing, and electronic fitness equipment;
- Nutrition Interventions – removal of deep fryers, expansion of fruit selection during lunch, the addition of a fruit during breakfast, and the addition of a nutrition educator;

- Mental Health/Behavioral Health Interventions – implementation of district-wide suicide prevention training, in-school programming from local mental health providers, the development of a MH crisis response team and protocol.

We have been able to revamp our physical education programs through additional training, equipment, and supplies which were funded by nearly \$900,000 in federal and state grants. In the last four years, our nursing force has been expanded by nearly 30% as well as our health screening program by over 500%. Through these expansions, we've been able to uncover a multitude of ailments and have been able to address hearing and vision issues that hinder the educational process.

Coordinated School Health in the Wilson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. For more information concerning Coordinated School Health (CSH), please contact the CSH Coordinator, Chuck Whitlock, at 615-417-1231.

